



# The Monterey Park Cascades



Volume XVII, No. VII

Citywide News for Business, Community and Education

September 2018

## Monterey Park Honors Lives Lost on September 11

The public is invited to attend a Patriot Day remembrance ceremony on Tuesday, 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.



## Monterey Park Farmers' Market Moves to Thursday Nights at Elder Park

Come on down to Elder Park every Thursday and take your pick of Monterey Park Farmers' Market's fresh, seasonal produce as well as specialty items like honey, kettle corn, tamales, dried fruit and nuts, cookies and more. Also, peruse the ever expanding group of craft vendors. At the Monterey Park Farmers' Market, there's something new every week.

Under new management, the Monterey Park Farmers Market is open for business on Thursday evenings from 4-9 p.m. at George Elder Park.

Elder Park is located at 1950 Wilcox Avenue, Monterey Park, CA 91755. For general farmers' market information, please visit [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov) or contact the recreation department at 626-307-1388.

The market is pleased to offer Market Match, and accept WIC, EBT and SSI (with award letter or dart card). For information on how to become a vendor, please contact FM & LCE at [FMLCE123@gmail.com](mailto:FMLCE123@gmail.com).

City of Monterey Park  
**Certified Farmers' Market**  
 Thursdays  
 4:00-9:00pm  
**George Elder Park**  
 1950 Wilcox Ave.

Offering Market Match & accepting WIC, EBT, SSI (with award letter or dart card)

For more information contact  
 Recreation & Community Services Department  
 (626) 307-1388  
[www.montereypark.ca.gov](http://www.montereypark.ca.gov)

If you are interested in becoming a vendor, please contact FM&LCE at [fmlce123@gmail.com](mailto:fmlce123@gmail.com)

## Blue Barrels Help Multi-Family Units Recycle

Do your part, use your new blue barrels to reuse, reduce and recycle



To comply with the state's mandatory commercial recycling legislation - Mandatory Commercial Recycling (AB 341) and Mandatory Commercial Organics Recycling (AB 1826) - Athens Services has recently delivered blue 96 gallon barrel recycling containers free of charge to multi-family complexes with five or more units. As a friendly reminder, these containers are serviced weekly on Thursdays. Please be reminded that property owners or tenants will need to bring the barrels out to the curb for service and return them to the enclosure after the barrels are emptied. Property owners may be cited by the City of Monterey Park if barrels are not removed from the curbside after collection.

It should be noted that these blue barrels are for recyclables only, not trash. Any contamination will result in refusal of service if identified by Athens Services' drivers in order to avoid a contaminated truck load. We appreciate your cooperation in being better recyclers and environmental stewards. If you wish to have additional containers, please contact Athens Services at 888-336-6100. Note that this program is only available for multi-family complexes with five or more units. For more information, contact Public Works at 626-307-1320.

中文版第18頁  
Español Pagina 18

PRSR. STD  
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Postal Customer  
Monterey Park, CA 91754-91755

City of Monterey Park  
320 W. Newmark Ave.  
Monterey Park, CA 91754

## Rid Your Home of Bulky Items - Free!



Bulky items are items too large to fit in your trash container such as household appliances, furniture, carpets, mattresses, clothing and oversized wood waste. Bundled cardboard and tree trunks/large branches are also considered bulky items as long as they are no larger than two feet in diameter and four feet in length. All you have to do is call Athens Services at

888-336-6100 during business hours at least 24 hours before your next trash collection day. Place bulky items out for pick-up by 6 a.m. on your trash pick-up day, but no earlier than 24 hours before your trash pick-up day, otherwise owners may be cited by City staff. Bulky items do not include e-waste and household hazardous waste.

For e-waste collection information, visit the Los Angeles County Department of Public Works at [www.cleanla.com](http://www.cleanla.com) or call 888-CLEANLA. LA County's free Household Hazardous & E-Waste Recycling Roundup event flyers are also available at the Public Works counter at city hall. Athens Services also provides free residential e-waste pick-up four times a year by calling Athens Services at 888-336-6100.

Everyone can help make the City of Monterey Park a better living environment. Your participation will help us comply with state and federal laws and help preserve our environment for future generations. For more information, contact Public Works at 626-307-1320.



CITY OFFICIALS

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

Save the Date: 5th Annual Geranium Festival and ArtWalk

Dog costume contest, "Day of the Dead" art walk, and rock climbing complement good old fashioned sack races and eating contests at the city fair-themed event. Admission is free to the public

Fifth Annual Geranium Festival and ArtWalk

Saturday, October 13, 2018
5-10 p.m.
Free admission
Barnes Park, 350 S. McPherrin Avenue,
Monterey Park, CA 91754.

For some "Art in the Park, with a little Bark," come on down to Barnes Park Saturday, October 13 from 5-10 p.m. for the Fifth Annual Geranium Festival and ArtWalk. This year's family friendly activities include train rides, sack races, a rock climbing wall, and a "Day of the Dead" costume contest (for humans and for dogs) and altar contest. Plus enjoy art 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 costume and altar contests, 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.

City Hall Frequently Used Phone Numbers

Table listing various city departments and their phone numbers, including Mayor and City Council, City Manager, City Clerk, City Treasurer, Animal Control, Aquatics/ Rec. Classes, Building Division, Business License, Code Enforcement, Community & Economic Development, Dial-a-Ride, Economic Development, Engineering, Finance, Fire Department Admin, Fire Dept. Ambulance, Fire Prevention, Graffiti Removal, Housing Rehabilitation, Human Resources, Job Hotline, Langley Senior Center, Library, Planning and Zoning, Police (emergency only), Police (non emergency), Police Comm. Relations, Police Reports & Records, Pothole Report Line, Public Works, Recreation & Community Services, Recycling Hotline, Risk Management, Special Events, Trash Collection (Athens Services), Tree Trimming, Water Billing, Water Dept. After Hours, Weed Abatement.

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 3 Labor Day Holiday, City Hall and Library Closed.
September 5 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 18 City Council Guests & Presentations Meeting, 6 p.m., City Hall Council Chamber.
September 19 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, 320 W. Newmark Avenue, Monterey Park, CA 91754. For more city events please visit the event calendar at www.MontereyPark.ca.gov.



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1790 W Garvey Ave, Suite H, Monterey Park, CA 91754

# City of Monterey Park 2018-19 Budget at a Glance

By Annie Yaung, CPFO, Director of Management Services

On June 20, 2018, the City Council adopted its 2018-2019 Budget. The City's financial prospects are moving forward. The budget reflects a spending plan that is based on the City's three-year citywide goals and continues to focus on maintaining excellent community services, funding much needed City infrastructure and capital improvements, and enhancing organizational efficiency. The spending plan is just over \$105 million for all funds with the General Fund appropriations totaling \$45.7 million, which includes a \$3.6 million for the Market Place roadway improvements.

### General Fund Property Tax and Sales Tax

General Fund is the main operating fund of the City and it pays for most of the police, fire, building, zoning, public works, park maintenance, recreation, and library services. The City's two primary revenue sources are property tax and sales tax. The development of the Monterey Park Market Place, which is the largest commercial shopping center ever developed in the community, has begun its opening to the public: Costco opened in May and Home Depot in June. The 2018-19 amounts include anticipated additional property tax and sales tax receipts from the Phase I of the Market Place.

### Staffing Level and Pension Funding

The staffing for 2018-19 is 368.14 Full Time Equivalent positions (FTEs). As with most public agencies, personnel costs are the City's single largest operating expenditure. The adopted budget reflects

MOU adjustments for miscellaneous units and the mandate State minimum wage increases for part-time personnel in January 2019. The City is currently negotiating with the five safety units, whose contracts expired on June 30, 2018.

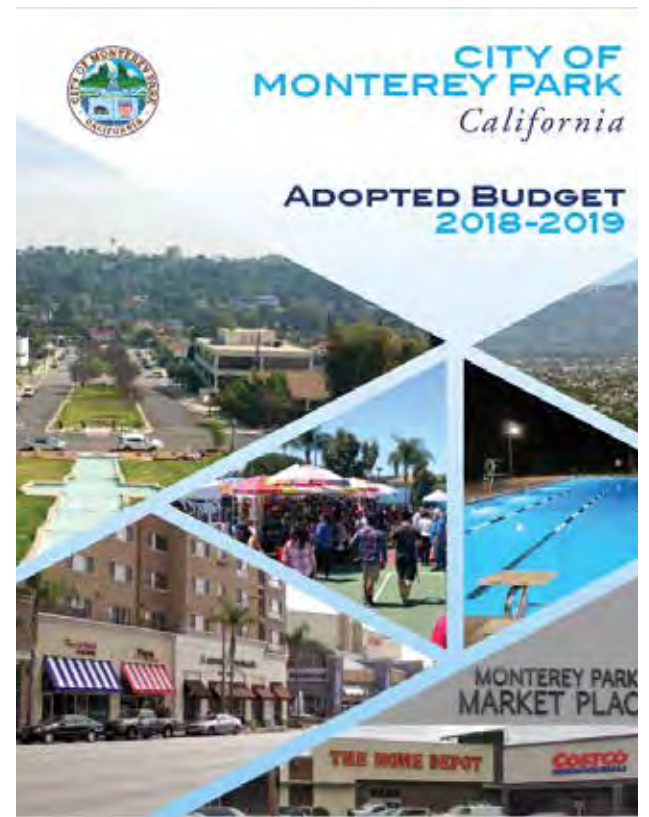
It has been the City's goal to reduce its total current and future pension and other retirement benefits liabilities. Reduced benefit tiers per the State Pension Reform Act (PEPRA) have been implemented for new hires, along with the retiree medical prefunding trust program establishment. At the budget process, the City Council approved the continuous pension cost prepayment option, and appropriated additional funds to pay down unfunded liabilities.

### Infrastructure and Capital Improvement

Continued investment in the City's capital improvements is the key to a long-term economic success and better quality of life for our community. For 2018-19, the centerpiece of the City's CIP improvements is the N Atlantic water and sewer infrastructure rehabilitations and Potrero Grande beautification project. The adopted capital improvement projects reflect a budget of \$12.3 million.

### In Closing

Looking ahead to 2018-19, the City affirms its commitment to sound and conservative financial practices to ensure adequate service delivery, specifically effective



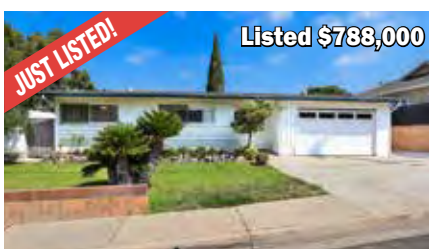
water management, for all residents. The City Manager thanks the City Council for their leadership and the citizens for their support in directing the financial affairs of the City in a most responsible and progressive manner. The entire budget publication is available for review through our online Financial Data Transparency Tool and as a PDF document at [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov).

## Thank You Monterey Park For Letting Us Serve You!

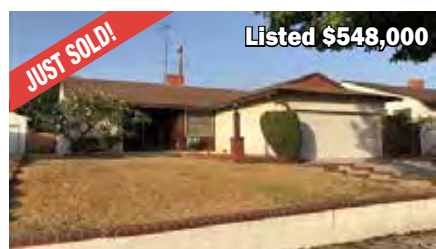
**FREE**  
Property Evaluation  
無料市場価格見積もり歓迎  
免費地産估價



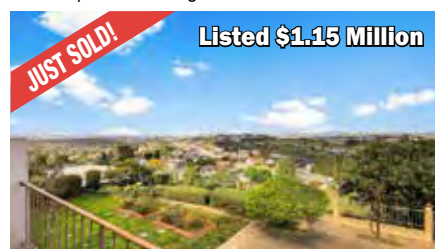
**869 Ridgcrest St. Monterey Park**  
Prestigious home at prime location. Rare chance to own 5 BR/5BA home w/ 4016 Sqft, Family room, Large Bonus room, pool. MP Beautification Awarded home. Downtown Skyline/City lights view. Call for private viewing before it is sold.



**1101 Ridgcrest St. Monterey Park**  
Clean Remodeled, Freshly painted on Brightwood hill, 3 bed/ 1.75 Bath Wide, extra parking drive way



**2060 Heather Dr. Monterey Park**  
3 Bed/ 1 Bath, patio house at quiet location Close to park, school, great investment.



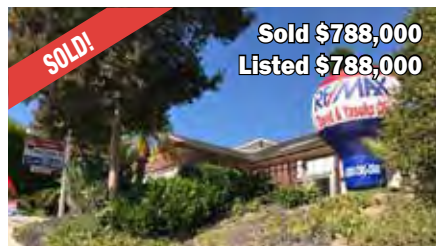
**921 Ridgcrest St. Monterey Park**  
3,095 sqft / half acre lot. Monterey Hill Estate. The greatest breathtaking view on the market in Monterey Park. Fixer, cash buying only.



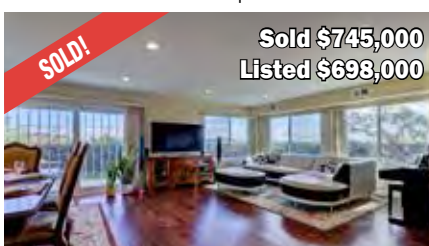
**753 Ridgcrest St. Monterey Park**  
4 beds/2.5baths 2,384 sqft Prime location w/ amazing panoramic view. Remodeled kitchen. Bright & spacious living room.



**2130 Abajo Dr. Monterey Park**  
3beds/3baths 1,824 sqft. Dazzling city lights view from living room, dining area, master bedroom & back yard. Remodeled bathrooms. Sharp move-in condition.



**1197 Brier Cliff Way., Monterey Park**  
Prime location at view lot. Clean, well maintained 3bed/2bath, Den/Dining room 1500 Sqft.



**1374 S Isabella Ave., Monterey Park**  
Fantastic city lights view. Alh SD. 3 bed/ 2bath / 1,688 sqft. Bright remodeled home w/ rare-find open concept.



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# Waste Control Policy and Its Impact on Monterey Park Recycling Efforts

By Karl Wong, Monterey Park Environmental Commission



Under Monterey Park’s waste hauling contract effective September 1, 2017, the city implemented residential waste collection and recycling services with Athens Services, and commercial waste collection and recycling services with Athens Services and Ware Disposal. (Residential recycling services include multi-family residents). Among many programs provided in the contract, bulky Item pick-up service is provided free by Athens Services for residents to call when they need the service. Electronic waste (e-waste) collection service is also provided by Athens Services for residents four times a year at no cost.

## Two Important California State Mandates

To comply with the California State Mandates - Assembly Bill (AB) 341 Mandatory Commercial Recycling and AB 1826 Mandatory Commercial Organics Recycling – the City of Monterey Park must reach the statewide 75% diversion goal. AB 341 Mandatory Commercial Recycling that went into effect on July 1, 2012 requires that commercial business and multi-family residents of five units or more must implement a recycling program. AB 1826 Mandatory Commercial Organics Recycling, effective April 1, 2016, requires businesses that generate eight cubic yards of organic waste (food, green and wood) per week to have organic waste recycling program. AB 1826 mandate increased the requirement to four cubic yards of organic waste starting January 1, 2017.

At the local and individual levels, our residents and businesses need to properly understand the correct and acceptable waste streams that can go into recycling -- what is allowed and what is not acceptable into the recycling blue barrel and bins. The most important guidance and practical rule is the overall awareness of waste prevention, minimization and reuse. Consume only what is needed in the first place rather than having to figure out where or how to recycle is the best tool to avoid contamination in the recycling loads at the end. The donation of reusable items (not perishable items) is also essential to minimize questions of how to recycle an item. These are the local and individual activities that can help communities adapt to statewide and international recycling policies such as China’s National Sword Policy.

## Foreign Recycling Policy and the U.S. Market

In July 2017, China’s Ministry of the Environment made an official announcement at the World Trade Organization (WTO) regarding China’s National Sword Policy. The new policy, also known as China Sword, limits the exports of contaminated recyclable commodities and increasing inspections of recyclable commodity exports from entering into China. The policy went into effect in March 2018 to ban “any foreign waste to protect China’s environmental interests and people’s health” and allows only 0.5% contamination of any recyclable commodities.

The new policy bans 24 types of solid waste materials ranging from paper, plastic, metal, glass, electronic waste, wood waste, textile, etc. The restrictions are very tight at the inspections at the China ports to the point whereby if one recycling bale or one shipping container

found to exceed the maximum contamination of 0.5%, then the whole vessel with all the products are rejected, the bill of lading is denied, and the products are returned back to its origin.

The ban on recyclable materials has made huge impacts on the U.S. recycling markets. The U.S. recycling exports account for a third of the total annual recycling in which more than 40% of that amount goes to China. From 2016–2017, the U.S. recycling export values at \$17.7 billion, of that \$5.2 billion worth to China. In 2016, 13.2 million tons of scrap paper, 775,500 tons of plastic, and 14 million tons of scrap metal were exported to China. The denial and rejection of contaminated recyclable bales and the whole vessels returned to origin have largely impacted the U.S. recyclers as well as the U.S. recycling market that has to scramble not only financially but also affected the recyclable commodities that have no markets to go. For the past 30 years, China has been the main designation for U.S. recycling. Recycling facilities now have to stockpile the recyclables in warehouses that can only be stored long enough before the recyclable materials have to be thrown away at landfills.

As a state, California is also gets impacted from this policy. As the 6th largest economy in the world, one third of recyclables in California is exported to foreign markets, of which 62% of that goes to China. In 2017, California exported 14.6 million tons of recyclables, of that amount 55% was sent to China. With these huge recycling exports, and mainly to China alone, it allows California and its local jurisdictions such as Monterey Park to reach various state mandated recycling and waste diversion goals. California has set a statewide waste diversion goal of 75% by year 2020. China Sword will significantly affect the game plan.

## What This Means for Monterey Park

In comparison to the new waste hauling contract, recycling services, and state compliance that City of Monterey Park has put in place, policies such as China Sword overshadows those city programs with the strict allowed contamination at 0.5%. This would require better recovery of recyclable materials, city oversight on the recycling programs to monitor the recoverable materials, continuous educational outreach provided by waste haulers to engage and educate Monterey Park residents and businesses, and better Material Recovery Facility (MRF) technology by waste haulers to adapt to the dynamic and changing recycling market.

At the national and state levels, the U.S. way of relying on “cheaper” recycling designation and process has come around at huge costs. China Sword is an awakening for the U.S. to focus and build on the stronger domestic recycling market and to invest in better domestic recycling infrastructure, which would all add to more job creations. The most benefits from investing in better U.S. domestic recycling would be the citizens who would come to appreciate and understand the values of recycling, waste reduction, resource conservation, and to the environment at large.

# Stay Informed - Sign Up for the City E-Newsletter, News Releases and Council Agendas



Scan to Sign Up for the City e-Newsletter

Sign up for the Monterey Park e-newsletter and stay informed about what’s happening in your community. Available by email, the newsletter is designed to be a quick roundup of city events for people on the go. The e-newsletter is produced about twice a month as a companion to the monthly Cascades and features updated news and information that might not have made it into the Cascades.

For people who want a bit more city information, you can also sign up for our news release and city council agenda mailing lists.

As a news release subscriber you’ll receive the same timely information that the media receives about current issues and events.

Subscribers to the council agendas will receive meeting notifications and a summary of items. Email from both lists contain links back to the city website for further reference or updates.

In addition to our e-mail lists, some city departments also offer links to popular social media like Nixle or Twitter. For the official City of Monterey Park Twitter feed, follow us @CityofMPK.

Your subscription insures that you’re receiving official city notifications as soon as they’re released. And of course, you can unsubscribe at any time.

To subscribe, visit the city website at [www.MontereyPark.ca.gov/](http://www.MontereyPark.ca.gov/) Social and look for the social media, e-newsletter, “News” and “Notify Me” links.

## STREET BEAT MONTHLY CRIME LOG

Addresses are identified by block number, not exact address.

### JULY 2018

#### AUTO BURGLARY

- 200 N ATLANTIC BLVD
- 700 S ATLANTIC BLVD
- 100 S ATLANTIC BLVD
- WHITMORE ST / N NEW AVE
- 300 N GARFIELD AVE
- 100 MARGUERITA AVE
- 300 S SEFTON AVE
- 500 W POMONA BLVD
- 600 W POMONA BLVD
- 100 S LINCOLN AVE
- 200 STARBIRD DR
- 1300 AVENIDA CESAR CHAVEZ
- 1700 ROBINLINDA LN
- 800 BRIGHTWOOD ST
- 100 N ATLANTIC BLVD
- 400 POTRERO GRANDE DR
- 700 DIVINA VISTA ST
- 500 N CHANDLER AVE
- 500 N ATLANTIC BLVD
- 600 N ATLANTIC BLVD
- 400 N ATLANTIC BLVD

#### AUTO THEFT

- 100 N ALHAMBRA AVE
- FULTON AVE / E FERNFIELD DR
- 900 FULTON AVE
- 400 W GARVEY AVE
- 500 N ALHAMBRA AVE
- 1300 AVENIDA CESAR CHAVEZ
- 1900 S ATLANTIC BLVD
- 1500 KEMPTON AVE
- 400 N ATLANTIC BLVD
- 1500 COLLEGE VIEW DR
- 400 E GARVEY AVE
- 2300 S GARFIELD AVE
- 200 CENTRE PLAZA DR

#### BURGLARY COM

- 500 E MARKLAND DR
- 100 N ATLANTIC BLVD
- 100 N GARFIELD AVE
- 600 N NEW AVE
- 700 S ATLANTIC BLVD
- 2500 CORPORATE PL
- 500 N ATLANTIC BLVD
- 500 N ATLANTIC BLVD
- 2100 S ATLANTIC BLVD
- 3500 MARKET PLACE DR
- 100 N ATLANTIC BLVD

#### BURGLARY RES

- 300 S SEFTON AVE
- 600 N NICHOLSON AVE
- 600 CRAIGHURST TER
- 2000 EMERALD WY
- 500 N LINCOLN AVE
- 1800 CLIFFHILL DR
- 1000 ABAJO DR
- 200 S ORANGE AVE
- 200 STARBIRD DR
- 1300 LIGHT VIEW ST
- 1000 VILLAGE DR
- 300 N YNEZ AVE
- 1100 PUNTA WY
- 300 KELLER ST
- 1600 FULTON AVE
- 500 N SIERRA VISTA ST
- 600 S GARFIELD AVE
- 2100 S ATLANTIC BLVD
- 1000 GRANDRIDGE AVE
- 500 N NEW AVE
- 500 N NEW AVE

#### ROBBERY

- 300 E MARKLAND DR
- S/B S. ATLANTIC BLVD/60 FREEWAY
- COLLEGIAN AVE / W FLORAL DR
- 100 N MOORE AVE
- 300 E GARVEY AVE
- 1900 WILCOX AVE
- AVENIDA CESAR CHAVEZ/COLLEGIAN AVE
- 700 S ATLANTIC BLVD
- 300 S GARFIELD AVE

# Local Youth Soccer Players Medal at Special Olympics USA Games

By Trina Morrell

Anthony Rodela and James Morrell have been soccer teammates on the AYSO's Alhambra/Monterey Park Very Important Player (VIP) Division for players with special needs since 2010. James joined in 2008, when his mom, Trina, had heard that the then Regional Commissioner Tony Baclig was enthusiastic about starting a team for players with disabilities. Trina signed James and his twin brother, John, because she thought it would be an opportunity for them to improve in their physical coordination and social skills, despite their autism. Shortly thereafter, Anthony, who also has autism, joined the VIP team. After years of consistent training, the players showed improvement, competing against other VIP teams within AYSO.

This summer, Anthony and James took their competitive spirit to new heights when they traveled to Seattle as part of Special Olympics Team Southern California in the 2018 USA Games, July 1-6. In order to qualify, Anthony and James had won several Special Olympics gold medals at the local level and had also competed at the state level. As part of the 8-member Southern California Track and Field team, they were chosen out of 34,000 Special Olympics Southern California athletes. Proving their skills against athletes from all over the USA, Anthony and James made Coach Tony and the entire AYSO soccer family proud.

Anthony won Bronze in the Men's 100 Meter Run; Silver in the 200 Meter Run; and Silver in the Long Jump. James won in all four of his events, taking home the most medals of his team. He won Silver in the 100 Meter Run; Silver in the 400 Meter Run; Bronze in the 200 Meter Run; and Bronze in Shot Put. James and Anthony have been on television and cable stations including ABC, NBC, KTLA, and ESPN2.

For more information about American Youth Soccer Organization (AYSO), call 626-244-7374, or visit [www.ayso60.org](http://www.ayso60.org) or [www.facebook.com/aysoregion60](http://www.facebook.com/aysoregion60).



James Morrell, Tony Baclig, and Anthony Rodela pose for AYSO Board of Directors on July 12, 2018. James and Anthony were recognized for their athletic achievements at the Special Olympics USA Games. (Photo: Trina Morrell.)

## Monterey Park Fire Department Announces Community Emergency Response Team (CERT) Class Dates for Fall 2018



The next City of Monterey Park Community Emergency Response Team (CERT) session for fall 2018 will take place Saturdays from 8 a.m.-5 p.m. on: October 6 & 27 and November 10 & 17.

The four sessions are followed by a disaster simulation drill. The training course is free to residents of Monterey Park and consists of:

- Utilities - Learning how and where to turn off gas meters, electricity, and water service if leaking or broken pipes are detected
- Putting out small fires using an extinguisher

- Certification on CPR and First Aid
- Helping triage victims by controlling bleeding, treating for shock, and providing basic medical aid
- Organizing yourself and volunteers to be effective towards aiding victims
- Collecting disaster intelligence to support first responder efforts.

Interested parties should complete an application which can be obtained on the city CERT webpage under the fire department tab. Submit via email or turn in a hard copy to the Fire Station 61 front office no later than October 1, 2018. For more information, please contact Captain Justin Birrell at [jubirrell@montereypark.ca.gov](mailto:jubirrell@montereypark.ca.gov) or 626-307-1271. Station 61 is located next door to city hall at 350 W. Newmark Avenue. Monterey Park, CA 91754.

**9.11 PATRIOT DAY**  
**Ceremony**  
 WE WILL NEVER FORGET  
 ★ ★ ★ ★ ★  
 September 11 · 8:30 AM  
 In Front of City Hall  
 320 W Newmark Ave

City of Monterey Park  
 Certified  
**Farmers' Market**  
 Thursdays  
 4:00-9:00pm  
**George Elder Park**  
 1950 Wilcox Ave.  
 Offering Market Match &  
 accepting WIC, EBT,  
 SSI (with award letter or dart card)  
 For more information contact  
 Recreation & Community  
 Services Department  
 (626) 307-1388  
[www.montereypark.ca.gov](http://www.montereypark.ca.gov)  
 If you are interested in becoming a vendor,  
 please contact FM&LCE at [fmlcel23@gmail.com](mailto:fmlcel23@gmail.com)

# A Guide to the Night Sky for September 2018

by Tre Gibbs, L.A.A.S.

This month, we welcome the return of autumn in the Northern Hemisphere!

The seasons are caused by a combination of 1) Earth being tilted on its axis and 2) Earth orbiting the sun. As the tilted Earth orbits the sun, there are times when the top half (northern hemisphere) is leaning toward the sun and receiving more daylight than night (summer) and times when it's leaning away from the sun and receiving more night than daylight (winter). In between these two extremes, there are times when neither hemisphere is leaning toward nor away from the sun, and both hemispheres receive equal amounts of day and night. On September 22nd at 6:40 pm, Earth will be in this position and Fall will officially begin as we experience what's known as the Autumnal Equinox. Equinox is a Latin word, roughly translated to mean "Equal Night" meaning, equal amounts of night.

Since we can't travel out into space to view this event, we can experience it down here on Earth by watching where the sun rises and sets on this day. Going from summer to winter, the sun's path in the sky has been gradually moving south. On June 21st, the longest day of the year, and the beginning of summer, the sun sets in the northwest. On December 21st, the shortest day of the year, and the beginning of winter, the sun sets in the southwest. On the Equinoxes, the sun sets right in the middle, perfectly west. Same with sunrise - but on the eastern horizon of course. After this day, the sun will rise and set just slightly south of due west, and it will keep heading south every day until early to mid December, when it will

appear to slow down, stop, turn around and head north again, continuing its annual cycle.

Back in early August, you may have notice four planets in the sky at once, but only if you are one of the fortunate ones to have an unobstructed view of both the eastern and western horizon - in order from west to east; Venus, Jupiter, Saturn and Mars. This month, Venus, in Virgo, continues her decent towards the glare of the sun, while Mars, in Capricornus the Sea Goat, rises earlier and earlier with each passing day. By the end of this month, Venus will be almost completely lost in the glare of the setting sun, with Jupiter, in Libra The Scales, close behind her. Saturn, much more dim than the other visible planets and still in Sagittarius the Archer, shifts from the south east to the south this month. The reason Saturn is so much more faint than the other planets is because it's so far away from us - almost twice the distance of Jupiter - and there are even two more beyond Saturn, Uranus and Neptune, which are SO far away, you need a telescope to see them!

As always, the moon, in its monthly (or moonthly) orbit, pairs up with each planet over the course of its 28 day trek around Earth. Planet or "planeta", is Latin for the word "wander", since these bright lights mysteriously wandered through the same narrow path in the sky, as if they were deliberately being moved by The Gods...

On the 13th, look for the young crescent moon just to the right of bright Jupiter. Four days later, on the 17th, look for the half moon to the right of Saturn. Two days after that, on

the 19th, look for the waxing (growing) gibbous moon almost right above bright and orange-ish Mars!

And speaking of the moon, on the 24th, we are treated to this month's full moon, The Harvest Moon. The Harvest Moon is the full moon closest to the Autumnal Equinox and can occur in either September or October. This particular full moon allowed all the chores of harvest to get done - even after dark!

That's it for this month, so enjoy the ever changing cycle of the seasons and always remember to KEEP LOOKING UP! Contact me to get info on viewing the International Space Station as it flies overhead - tregibbs@gmail.com - or go directly to Chris Peat's amazing website, www.heavens-above.com, put in your location and click on ISS.

Don't forget, the LAAS meets at the Garvey Ranch Observatory every Wednesday night, rain or shine, from 7pm to 10pm. All members are eager to answer your questions, and let you have a peek through our 8" telescope. Feel free to contact us via any of the methods below. We would love to see you there!

Address: 781 S Orange Ave, Monterey Park, CA 91755  
 Web: <http://www.laas.org/>  
 Facebook: <http://www.facebook.com/losangelesastronomicalsociety>  
 Phone: 213-673-7355

## Lions Club Announces New President and Vice President

By Larry Sullivan

The Monterey Park Lions Club is pleased to announce Mr. Anthony Wong as incoming president (July 2018 to June 2019) and Mr. Jason Dhing as 1st. vice president. Mr. Wong, a former Monterey Park mayor, is a long time member and has served as the club's president previously in 2000. Mr. Dhing is a member who, besides the Lions Club, is also active with the Mark Keppel High School PTSA and a trustee of the Bruggemeyer Library Board.

The Lions are also excited about their annual "Eye Screening Program" which starts September 6. The program will cover six elementary schools in Monterey Park and screen over 2,000 students. This yearly program has provided free eye screening to over 70,000 Monterey Park children free of charge.

The Lions have a luncheon meeting on the 1st. and 3rd. Tuesday of the month at noon at Lions Manor, 215 N.

Chandler Avenue, 6th. floor, Monterey Park.

Chartered in 1937, the Monterey Park Lions Club has proudly served the Monterey Park community for more than 80 years.

For more information, email [MPKLionsClub@gmail.com](mailto:MPKLionsClub@gmail.com) or call 626-571-8868.

## Chamber of Commerce Trip To Pageant of the Masters

By The Greater Monterey Park Chamber of Commerce

The Greater Monterey Park Chamber of Commerce is once again pleased to offer an enchanted evening to its members, residents and friends with a trip to the Pageant of the Masters in Laguna Beach, California. The Pageant of the Masters is a 90 minute tableaux vivant where real people dress up and pose exactly like their counterparts in original art pieces. This year, the Pageant is celebrating its 85th Anniversary with the theme of "Under the Sun" which will feature theatrical magic, live music and light-hearted story telling.

The trip this year will take place on Thursday, August 30, 2018. The excursion will kick off with a wine and tea tasting event at Wing Hop Fung (Garvey Avenue and Atlantic Boulevard) starting at 4:30 p.m. Attendees will then board a bus provided by Dynasty World Travel directly to the outdoor amphitheater in Laguna Beach. The bus will leave no later

than 6:00 p.m. At the end of the show, attendees will be transported back to Monterey Park. A sandwich and bottle of water will be provided by Mr. Baguette and Douglas Auto Body.

Tickets are \$60 for chamber members, \$70 for non-members. Tickets are extremely limited and available on a first-come, first-served basis. Tickets must be paid for at the time of ordering. For further details or to purchase tickets, please contact the chamber at 626-570-9429. If you do not receive an answer, please leave a message. Someone will return your call within 24 hours.

Thanks again to our sponsors Dynasty World Travel, Wing Hop Fung, Mr. Baguette and Douglas Auto Body.

**CITY OF MONTEREY PARK**  
**Geranium Festival and ARTWALK**  
**SATURDAY, OCTOBER 13<sup>TH</sup>**  
**BARNES PARK | 5PM-10PM**  
**350 S. MC PHERRIN AVE**

**Festival Activities**  
 ARTWALK · TRAIN RIDES · ROCK WALL · KIDS WORKSHOPS  
 INTERACTIVE BOOTHS · LIBRARY ACTIVITIES · FOOD · GAMES  
 SCIENCE-TECHNOLOGY-ENGINEERING-ART-MATH ACTIVITIES & MORE!

**Featuring**  
**DI A LOS MUERTOS**  
**ALTAR & COSTUME CONTESTS!**  
 \*HUMAN & DOG COSTUME CONTESTS

**CONTEST SCHEDULE**

5 PM	MUSICAL CHAIRS, TEAM HULA, & GIANT SKIS	7 PM	DI A LOS MUERTOS ALTAR & COSTUME CONTEST
6 PM	POTATO SACK & 3-LEGGED RACE	8 PM	DOG COSTUME CONTEST
		9 PM	EATING CONTESTS

FOR MORE INFORMATION OR TO SIGN UP FOR CONTESTS, PLEASE CALL 626-307-1388 OR VISIT [WWW.MONTEREYPARK.CA.GOV](http://WWW.MONTEREYPARK.CA.GOV)

**S.A.F.E. COLLECTION CENTERS**  
 (Solvents/Automotive/Flammables/Electronics)  
**For Residents of the City of Los Angeles and the County of Los Angeles**

**IMPORTANT**

- It is against the law to transport more than 15 gallons or 125 pounds of hazardous wastes to collection sites.
- Pack your wastes properly to prevent tipping or spilling of wastes during transportation. Remove all other items from your trunk.
- Wastes will be collected with its containers.
- For data containing devices, remove data before disposal.
- Smoking is prohibited at all S.A.F.E. Centers.
- Remain in your vehicle while trained personnel remove the hazardous wastes from your trunk.
- Waste collection is suspended during rain.

**WE ACCEPT**

- Used motor oil and filters
- Paint and Solvents
- E-waste such as computers, cell phones and televisions
- Household cleaning products
- Car and household batteries
- Fluorescent tubes and bulbs
- Home generated Sharps such as needles and lancets
- Unused medicine (except controlled substances)

**WE DO NOT ACCEPT**

- Business/Commercial wastes
- Bulky Items such as furniture and large appliances
- Ammunition
- Explosives
- Radioactive materials
- Medical/Biological wastes
- Tires
- Marine flares/firecrackers

**For Information, Please Call: 1-800-773-CITY (2489)**  
[www.lacitysan.org](http://www.lacitysan.org)

**CENTRAL LOS ANGELES**  
 LA-GLENDALE SAFE CENTER  
 4600 Colorado Blvd. Los Angeles CA 90039  
 Sat & Sun 9a.m - 3p.m.

**WEST LOS ANGELES**  
 U.C.L.A. SAFE CENTER  
 550 Charles E. Young Dr. West Los Angeles CA 90095  
 Thur, Fri & Sat 8a.m - 2p.m.  
 E-waste is only collected Sat. at this location

**PLAYA DEL REY**  
 HYPERION SAFE CENTER  
 7660 West Imperial Highway, Gate B  
 Playa Del Rey CA 90237 / Sat & Sun 9a.m - 3p.m.

**HARBOR AREA**  
 GAFFEY ST. SAFE CENTER  
 1400 N. Gaffey St. San Pedro, CA 90731  
 Sat & Sun 9a.m - 3p.m.

**EAST LOS ANGELES**  
 WASHINGTON BLVD. SAFE CENTER  
 2649 E. Washington Blvd. Los Angeles, CA 90021  
 Sat & Sun 9a.m - 3p.m.

**NORTH VALLEY**  
 NICOLE BERNSON SAFE CENTER  
 10241 N. Balboa Blvd. Northridge CA 91325  
 Sat & Sun 9a.m - 3p.m.

**EAST VALLEY**  
 RANDALL ST. SAFE CENTER  
 11025 Randall St. Sun Valley CA 91352  
 Sat & Sun 9a.m - 3p.m.

Logos for EPA, L.A. Sanitation, and Zero Waste.

# MONTEREY PARK BRUGGEMEYER LIBRARY

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

## Celebrate the Chinese Mid-Autumn Festival at Monterey Park Library

Join the Chinese Mid-Autumn festival celebration on Sunday, September 30 at 2 pm in the Friends Room. The Mid-Autumn festival, held on the 15th day of the eighth month in the Chinese lunar calendar is a long standing tradition of celebrating family, harvest, good fortune, longevity, and the full moon. The library's program will include a lantern riddles activity with prizes, moon cake, hot tea and other refreshments. Following the activity, a film will be screened. The program is sponsored by the Friends of the Monterey Park Library. For more information about the program, contact the Reference Desk at (626) 307-1368.

## Hispanic Heritage Month Program Author Miluka Rivera

Author, Miluka Rivera will talk about her book, Hollywood Latinos Offspring, on Sunday, September 23 at 2 pm in the Friends Room. The book includes the stories and careers of notable Puerto Rican and Latino-American actors and actresses including Anthony Quinn, Rita Moreno, Ricardo Montalban, and other generations of Hispanic Americans who have positively influenced and enriched the nation and society with their contributions to film, television and Broadway. The author's books will be available for purchase and signing following her presentation. The program is part of the library's Hispanic Heritage Month programming. National Hispanic Heritage Month (September 15- October 15) celebrates the heritage, culture and contributions of Hispanic and Latino Americans to the United States. For more information about the program, contact the Reference Desk at (626) 307-1368.

## Book Event with Congresswoman Judy Chu

The public is invited to a special book event with Congresswoman Judy Chu at the library on Sunday, September 9 at 2 pm in the Friends Room. Congresswoman Chu will introduce a new book, Asian and Pacific Islander Americans in Congress which tells the story of Asian American and Pacific Islander members of Congress from 1900-2017. The historic publication will be available free to the public with a book signing with Congresswoman Chu following her presentation, which will include stories of these inspiring American experiences and contributions to Congress and the country. For more information about the program, contact the Reference Desk at (626) 307-1368.

## Storytimes

PLEASE NOTE, THERE WILL BE NO STORYTIMES AUGUST 20- SEPTEMBER 6. OUR REGULAR STORYTIME SCHEDULE WILL RESUME THE WEEK OF SEPTEMBER 10.

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):** Tuesday at 7:30 pm and 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

## Spanish Bilingual Storytime

Monday, September 10 at 4:30 pm  
 Families are invited to join us for our new monthly Spanish bilingual storytime, where they will hear books, sing songs and learn vocabulary. Children of all ages and language abilities are welcome and no registration is required.

## Homework Help

Mondays, Tuesdays and Wednesdays from 3:30- 5:00 pm in the Children's Department

Starting Monday, September 10 the library offers free homework assistance to elementary school children during the academic year. Students may bring in assignments and receive help from high school volunteers. No registration is required but parents must remain with their children – this is not a drop off program.

## Children's Computer Classes

Wednesday, September 12 at 4:30 pm in the Computer Lab  
 Monthly computer classes for 7 - 12 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 no registration is required.

## Starlings

The Starling early education tracker is now available for free checkout to families with children 0-3. Research shows that the number of words that your child hears early in life is essential for healthy brain development and learning. The Starling works like a Fitbit for your child's cognitive development and tracks the number of words spoken to your child each day. The easy to use Starling app encourages parent-child interaction by setting a word count goal for families and giving easy, daily tips for helping your child learn. This program is made possible by a generous donation from Asian American Economic Development Enterprises. Visit the Children's Desk or call 626-307-1358 for more information.

## 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 11, Friends Room 6-8 pm  
 Volunteer attorneys will be on hand to answer legal questions at a free legal assistance clinic 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 at the legal clinics. For more information and to register for the free legal assistance clinics call the Reference Desk at (626) 307-1368.

## September Film Programs

### Mid Week Movie

Wednesday, September 5 at 3 pm in the Friends Room  
 Thanos' quest to retrieve the Infinity Stones brings Captain America, Iron Man, Thor, Black Widow and the rest of the Avengers together for one last stand before Thanos can create a gauntlet of ultimate power over space and time. The movie is rated PG13 and runs 149 minutes. Please contact the Reference Department for further information at (626) 307-1368. Audience: adults and teens.

## Monthly Film Program

Wednesday, September 19 at 2 pm in the Friends Room  
 Free movie and snacks in the Friends Room. Watch a newly released feature film DVD or an award winning international film. Audience: adults.

## Monday Night iPad Basics Classes

Do you have a new iPad and want to learn how to use it? Join us on Mondays, September 10, 17, and 24 from 7 pm - 8:30 pm in the Computer Lab to learn iPad essentials. Adults should bring their own iPads for hands-on practice at the classes. Prerequisites required: all students must have an email address and know how to use email. To register for the free classes visit the Reference Desk or call (626) 307-1368.

## Tuesday Open Computer Labs

The open computer lab runs every Tuesday from 7:00-8:30 pm. The lab is designed to offer reinforcement and practice time for adults in the library's computer classes and is also open for individual help with email, Microsoft Word, Excel, and the Internet. A library staff member will be present to answer questions. There is no registration required, but seating is limited to a first-come, first-served basis. For more information, contact the Reference Desk at (626) 307-1368.

## Wednesday Morning Beginning Computer Classes

Beginning Computer Classes in English are scheduled on Wednesday mornings September 12, 19, and 26 from 10:30 - 11:45 am in the computer lab located on the 2nd floor. Space is limited and registration is required for the free classes. Adults will practice mouse, keyboard drills, and Internet searching skills. To register for the free classes contact the Reference Desk or call (626) 307-1368.

## Earthquake Preparedness Workshop

Are you prepared for a major earthquake? Learn about the important things you can do when the "big one" happens on Sunday, September 16 at 2 pm in the Friends Room. Learn how to develop an emergency plan. The program is sponsored with the Chinese American Citizens Alliance Youth Council and the Monterey Park Fire Department. Audience: Teens and Adults. For more information, contact the Reference Desk at (626) 307-1368.

## Teen Fall Fun @ the Library


Happy Mid Autumn! Come help us celebrate the Mid Autumn Festival with a craft activity and more! Check out our special teen program on Wednesday, September 12 at 3 pm in the Friends Room.

## Anime/Manga Club

Join the library's Anime and 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 3-5 pm in the Friends Room. See you on September 26.

## September is Adult Literacy Awareness Month!


Are you interested in giving back to the community of Monterey Park and have command of the English writing, reading and speaking skills? We are looking for motivated people who are interested in tutoring adult learners in the English Language via a one-to-one approach, a small group, or a full class if you are comfortable and qualified. On-going training and coaching will be provided for all volunteers. Give the gift that will last a lifetime by helping someone learn English so they can flourish and prosper in their communities. Please contact the LAMP office at (626) 307-1251 or email lamp@montereypark.ca.gov for inquiries.



## A & B SMOG TEST & REPAIR CENTER

501 E. Garvey Ave., #B-2 Monterey Park  
 (corner of Sierra Vista St & Garvey)  
**(626) 280-2678**

Open Monday to Friday 9am to 5:45 pm. Saturday 9am to 4pm



# SMOG CHECK

**STAR**

**\$36<sup>75</sup>**

+ State Certificate \$8.25  
 Total \$45.00

Please bring your DMV Renew Papers

**Smog Check**

**\$26<sup>75</sup>**

+ State Certificate \$8.25  
 Total \$35.00

Please bring your DMV Renew Papers

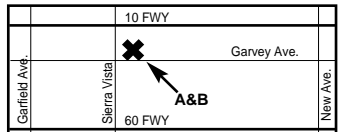
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**Over 1,400 tires in stock!**

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 Near the intersection of Monterey Pass Rd. & Vagabond Dr.

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**Tel # 323-604-0905 • Cell # 323-819-3337**

www.williestire.com • info@williestires.com

All Major Credit Cards Accepted

# LANGLEY CENTER

400 WEST EMERSON AVE., MONTEREY PARK CA 91754 [www.langleycenterconnection.com](http://www.langleycenterconnection.com)  
OFFICE HOURS ARE 8AM-5PM MONDAY - FRIDAY & WEEKENDS 8AM-2PM (626) 307-1395

## Happy Birthdays!



Join us in wishing all our September birthdays of the month with light dessert. Cake will be provided in the main room 12pm by:

- ❖ Anthem Blue Cross on September 19, 2018
- ❖ LACare on October 18, 2018

### DATES TO REMEMBER:

- ❖ **September**
- ❖ 3rd.....Labor Day - Langley Center Closed
- ❖ 4th.....Fall Registration Activities Open
- ❖ 5th.....San Manuel Indian Bingo & Casino Trip
- ❖ 7th.....West Regional Workshop 12:30-1:30pm
- ❖ 10th.....Mature Driving Class 8am-4:30pm
- ❖ 14th.....Friday Matinée Movie 1pm (Armageddon)
- ❖ 19th.....Birthday Month Celebration
- ❖ 20th.....Langley Anniversary Luncheon 11am-1pm
- ❖ 20th.....GHC Health Screening 12pm-4pm
- ❖ 27th.....Uber & Lyft Class Introduction Workshop 2pm-3pm
- ❖ 28th.....Friday Matinée Movie 1pm (Little Miss Sunshine)
- ❖ **October**
- ❖ 1st.....Fall Classes & Activities begin
- ❖ 4th.....AARP SmarTek Workshop 8am-6pm
- ❖ 9th.....Healthy Cooking Class 2pm-3pm

### Free Class

#### Introduction to

## Please RSVP

By phone (626) 307-1395 or email [JBautista@MontereyPark.CA.Gov](mailto:JBautista@MontereyPark.CA.Gov)

Time: 2pm-3pm  
Dates Available:  
 • July 26, 2018  
 • August 23, 2018  
 • September 27, 2018

Location: AB Room  
Langley Center  
400 W. Emerson Ave  
Monterey Park, CA 91754

Required:  
 1) Age 50 and up  
 2) Name & Phone #  
 3) Smartphone  
 4) Email /User Account Information  
 5) Credit / Debit Card

### NEW RESERVATION SENIOR LUNCH PROGRAM

Join us for a hot lunch meal in our Main Dining Room. Reservations must be made 1 weekday in advance from 8:00 am- 12:30pm for the next weekday in the front office or by phone (626) 307-1478.

Lunch tickets are claimed the day of RSVP from 9:30am-11:30am.  
Lunch is served Monday—Friday 11:00 a.m.—12:15 p.m. Must be at least 60 yrs and older.  
Suggested donation \$3.00

### ACTIVITIES & SERVICES

- NOTARY** - Virginia Greene, a Notary Public with over 23 years of professional service is available to make your documents convenient. Wednesdays, 11:30 am—3:00 pm. Appointments and walk-ins are welcome.
- 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.
- 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** - Wednesdays, 8:00 a.m. -11:00 a.m., for repair or estimate.

### 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.

### 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.

什麼是著免費接送專車 (DIAL-A-RIDE) 者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歲以上長者或者是有殘障需求的居民，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

### NEW Dial-A-Ride Membership ID Card



- All Dial-A-Ride members will be issued a new ID Card.
- Applications and photos will be taken on site
- Valid current photo ID required
- ID Cards cost \$5.00 for all registered members
- **New Costco shopping trip on Thursdays in Monterey Park, call Dial-A-Ride to make your appointment! 626-307-1396**

### MATURE DRIVER'S CLASS September 10, 2018

Class is held from 8:00 A.M. – 4:30 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 of \$1.00 includes State Certificate of Completion. For more information call (626) 307-1395

### METRO "TAP CARD"

TAP Cards are sold Monday– Friday 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.

In Honor of Our Volunteers

## LANGLEY ANNIVERSARY LUNCHEON

MAIN DINING ROOM  
SEPTEMBER 20, 2018  
11:00 AM - 1:00 PM  
PRE-SALE TICKETS \$3.00

Limited Tickets available starting August 13th.

### Free Healthy Cooking Class

#### Please RSVP

By email or phone

(626) 307-1396	<a href="mailto:JBautista@MontereyPark.CA.Gov">JBautista@MontereyPark.CA.Gov</a>
Dates Available:	
October 9, 2018 2PM-3PM	
November 13, 2018 2PM-3PM	
December 11, 2018 2PM-3PM	Learn about what foods to eat for a healthy circulatory system, which is responsible for delivering oxygen and nutrients to cells and also help eliminate certain cellular waste products.
Location: AB Room	Langley Center 400 W. Emerson Ave Monterey Park, CA 91754
Required:	1) Age 50 and up 2) Name & Phone #

### TRIPS & TOURS

All trips require a valid State Driver's license or State issued Senior ID. Trips depart from Langley Center at 400 W. Emerson Ave., Monterey Park CA 91754 unless otherwise noted. Please note overnight parking is not allowed in the center. For more information please call (626) 307-1395.

## SAN MANUEL INDIAN BINGO & CASINO

San Manuel Indian Casino  
Wednesday, September 5, 2018  
Cost: \$10 (lunch not included)  
Check-In Time: 8:00 a.m.

Bus Departs at 8:30 a.m. and Returns approx 5:00 p.m. Gambler's get away Delight! This get-away includes a \$10.00 FREE SLOT PLAY on your Player's Card upon arrival. Must have valid State Driver's License or ID Card at time of registration.



Luau in Laughlin, Nevada at the Riverside Hotel & Casino September 26 - 28, 2018

Cost: \$145.00 per person, DOUBLE  
\$175.00 per person, SINGLE  
3 Days and 2 Nights at Riverside Resort Hotel & Casino Tour Includes:

- 2 Breakfast Buffets and 1 Buffet of choice at the Riverside Hotel -each guest will receive vouchers upon check-in.
- Luau Party on September 27, 2018 - Join us at the Starview Room for a special luau buffet dinner and live entertainment.
- Roundtrip transportation via deluxe motorcoach.

### Free Smartphone Workshop

#### Please RSVP

By email or phone

(626) 307-1396	<a href="mailto:JBautista@MontereyPark.CA.Gov">JBautista@MontereyPark.CA.Gov</a>
Dates Available:	Topics Discussed
October 25, 2018 2PM-3PM	Demonstrations of general settings, icons, email, user accounts & FAQ
November 29, 2018 2PM-3PM	Learn tips & tricks of Apple iPhones including shortcuts, security settings and media usage.
December 27, 2018 2PM-3PM	Learn tips & tricks of Android users including shortcuts, security settings and media usage.
Location: AB Room	Langley Center 400 W. Emerson Ave Monterey Park, CA 91754
Required:	1) Age 50 and up 2) Name & Phone # 3) Smartphone

## Fall PROGRAMS

Registration opens September 4, 2018

Classes begin in October 1- December 2018. Registrations are taken in front office or on-line at [www.montereypark.ca.gov](http://www.montereypark.ca.gov)

### PING PONG, BILLIARDS AND FITNESS ROOM

Available 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 athletic shoes required at all times.



## Recreation and Community Services Department

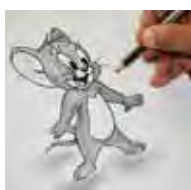


**Online and Walk-in Registration Begins Tuesday, September 4, 2018 at 7:30 a.m.  
at [www.montereypark.ca.gov](http://www.montereypark.ca.gov) or 320 W. Newmark Ave, Monterey Park, CA 91754**

### 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 5, 2018- December 7, 2018**  
**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 2, 2018 - December 4, 2018**  
**Fees: \$52.00**

**1510.201 Tuesday 18yrs & Up 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 4, 2018 - December 6, 2018**  
**Fees: \$60.00**

**1509.201 Thursday 9:00am-12:00pm**

#### Belly Dance

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**  
**10 weeks: October 7, 2018 - December 9, 2018**  
**Fees: \$120 - 4yrs - 17 yrs**

**1422.203 Sunday 3:00pm - 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 7, 2018 - December 9, 2018**  
**Fees: \$120 - 4yrs - 17 yrs**

**1422.204 Sunday 1:00pm - 2:00pm**

#### 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.

**Apple Yuk, Barnes Park Amphitheatre**  
**10 weeks: October 7, 2018 - December 9, 2018**  
**Fees: \$120 - 4yrs - 17 yrs**

**1422.205 Sunday 2:00pm - 3:00pm**

#### Hip Hop Dance for Kids

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 6, 2018 - December 8, 2018**  
**Fees: \$120**

**1422.202 Saturday 4:00pm - 5:00pm**

#### Hip Hop 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 6, 2018 - December 8, 2018**  
**Fees: \$120**

**1422.201 Saturday 5:00pm - 6pm**

#### 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 7, 2018 - December 9, 2018 - Age: 5yrs-12yrs**

**1422.207 Sunday 12:00PM-1:00PM**

#### Beginner Ballet Dance

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- October 7, 2018 - December 9, 2018**  
**Age: 5yrs-7yrs**

**1422.208 Sunday 11:00AM-12:00PM**

#### 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 2018**  
**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 2018**  
**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 2018**  
**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**

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

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](http://www.TippiToesDance.com)

**Instructor- Tippi Toes Staff**  
**Barnes Park Amphitheater Dance Room**  
**Sessions: 10 Weeks**

**Fee: \$100**  
**Ages: 1.5 - 3 years old**  
**1408.215 Thursday 4:45pm - 5:15pm**  
**October 11- December 20 (\*no class Nov 22nd)**

#### Ballet, Tap & Jazz (3 - 5 years old) - Tippi Toes Dance

Ballet, Tap & Jazz dance classes offered for children 3 - 5 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 \*\*Optional Winter Show Dec. 15th More Info: [www.TippiToesDance.com](http://www.TippiToesDance.com)



**Instructor- Tippi Toes Staff**  
**Barnes Park Amphitheater Dance Room**  
**Sessions: 10 Weeks**  
**Fee: \$120**

**Ages: 3 - 5 years old**  
**1408.205 Thursday 5:30pm - 6:15pm**  
**October 11- December 20**  
**(\*no class Nov 22nd)**  
**1408.207 Saturday 11:00am- 11:45am**  
**October 6 - December 22**  
**(\*no class Nov 24th & Dec 15th)**

**Hip-Hop/Pop (5 – 10 years old) - Tippi Toes Dance**  
 Hip Hop/Pop dance classes created especially for children 5 - 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. \*\*Optional Winter Show Dec. 15th  
 More Info: www.TippiToesDance.com  
**Barnes Park Amphitheater Dance Room**  
**Sessions: 10 Weeks Fee: \$120 Ages: 5 - 10 years old**  
 1408.211 October 11- December 20  
 (\*no class Nov 22nd)  
 Thursday 6:30pm – 7:15pm

**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 7, 2018 – December 23, 2018**  
**Fees: \$49.00 18yrs and Up**  
 1409.201 Sunday 1:30 to 4:30pm  
 (No class Nov 18 & Nov 25)

**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 2, 2018 – December 3, 2018**  
**Fees: \$50.00 18yrs and up**  
 1405.201 Tues 7:00 to 10:00pm  
 (7:00-8:00 review, 8:00-8:30 new dance, 8:30- 9:30 advance)



**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 5, 2018 – December 14, 2018**



**Fees: \$90.00 All Welcome**  
 1406.201 Beginner Friday 7:30 to 8:30pm  
 (no class Nov 23)  
 1406.202 Intermediate Friday 8:40 to 9:40pm  
 (no class Nov 23)

**Chinese Folk Dance – (NEW CLASS!)**  
 Traditional Chinese Folk Dancing class where students can learn traditional folk dances similar to the forms once used in public celebrations and ceremonies. The class is 90 minutes long and is held once a week on Tuesdays. It is \$8.00 per class and students can attend for as long as they are interested.  
**Ling Zhang, Barnes Park Amphitheater**  
**10 Weeks: October 1, 2018 – December 3, 2018**  
**Fees: \$60.00 All Welcome**  
 1425.201 Monday & Wednesday 7:30pm to 9:00pm

**Cultural Folk Dance – (NEW CLASS!)**  
 Instructor has 30 years experience. Has performed in a variety of countries including China, Japan, Korea, Thailand, Germany and the United States. She has also performed for Queen Elizabeth. Learn the different styles of folk dancing.  
**Xiao Hong, Sierra Vista Community Room**  
**6 weeks: October 6, 2018 – November 10, 2018**  
**Fees: \$180 – Children 4yrs-15 yrs & 16yrs and above**  
 1426.201 Saturday 1:00pm-2:30PM (children 4yrs-15yrs)  
 1426.202 Saturday 3:00pm -4:30pm (16yrs and above)

## 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**  
**11 Weeks: September 11, 2018 – November 27, 2018**  
**Fees: \$130.00 per child. Additional sibling in the same household \$65.00- 0yrs to 4.5yrs**  
 1305.202 Tuesday 9:00 to 11:00am  
 (no class Nov 20)

**Garvey Ranch Park**  
**11 Weeks: September 10, 2018 - December 3, 2018**  
**Fees: \$130.00 per child. Additional sibling in the same household \$65.00 - 2 Years Old Class. Must be 2 by September 1, 2018.**  
 1305.204 Monday 9:00 to 11:00am  
 (No Class 11/12 and 11/ 19)

**Garvey Ranch Park**  
**11 Weeks: September 12, 2018 - November 28, 2018**  
**Fees: \$130.00 per child. Additional sibling in the same household \$65.00 - 3 Years Old Class. Must be 3 by September 1, 2018.**  
 1305.205 Wednesday 9:00 to 11:00am  
 (No class on 11/21)

### 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 7, 2018 – December 15, 2018**  
**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, 2018 – December 15, 2018**  
**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, 2018 – December 15, 2018**  
**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, 2018 – December 15, 2018**  
**Fees: \$79.00 8yrs to 9yrs**  
 1301.210 Book 6 Saturday 11:15 to 1:15pm

### 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, 2018 – December 15, 2018**  
**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 2, 2018 – December 15, 2018**  
**Fees: \$129.00 12yrs to 14yrs**  
 1301.213 Saturday 11:15 to 1:15pm

### 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 2, 2018 – December 15, 2018**  
**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



### Cooking Classes- Salad Preparation – (NEW CLASS!)

Each student will learn what vegetables to choose from for various types of salads. There is a sequence of how to plan a great salad for lunch, dinner or main entrée salad. Each student will learn the correct way to pick out the freshest veggies in the grocery store, farmers market and other shopping warehouse for vegetable selection. Also, each student will learn tips on keeping vegetables fresh and crisp for one week after the purchase of your vegetables. At the end of each class, each student will prepare a creative salad from selection of fresh vegetables. Each student will bring veggies to class and their favorite salad dressing.  
**Instructor: Faye E. Stamper**  
**10 weeks: October 6 – December 8**  
**Fees: \$50 – Sierra Vista Community Room**  
 1316.202 Saturday 11:00am-12:30pm



## 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 10, 2018 - December 12, 2018**  
**Fees: \$45- Barnes Park Amphitheatre**  
 1224.201 Wednesday 9:30am – 10:30am  
**Fees: \$72 both days**  
 1224.202 Tues/Wed 9:30am – 10:30am  
**All Ages Welcome**  
 \$45 (1x a Week) For 10 Session.  
 \$72 (2xs a Week) For 20 Session.

### 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 4, 2018 – November 1, 2018**  
**Fees: \$99.00 two classes & \$65 one class**  
 1222.201 Tuesday/Thursday 3:00pm - 4:00pm  
 1222.202 Tuesday 3:00pm – 4:00pm  
 1222.203 Thursday 3:00pm – 4:00pm

### November 6 – December 20 – 7 weeks

**Two classes \$67 & one class \$50**  
 1222.204 Tues/Thurs 3:00pm – 4:00pm  
 1222.205 Tuesday 3:00pm – 4:00pm  
 1222.206 Thursday 3:00pm – 4:00pm

### CHI GONG- Energy Enhancement Exercise

The sequence movements improving your coordination, strength, flexibility and stamina. Students must verify any holiday make ups with instructor.  
**Nelson Ong, Barnes Park Memorial Bowl**  
**10 Weeks: October 5, 2018 – December 7, 2018**  
**Fees: \$100.00 All Welcome**  
 1203.201 Friday 10:00 to 11:30am



### Chi Gong- Chiinese Yoga Taoist Nei Gong exercise

Express Physically with the mind and heart feel to be eternal truth. Energy balance through the menatal emotion and spiritual principles.  
**Nelson Ong, Barnes Park Amphitheatre**  
**Fees: \$100 October 6, 2018 – December 8, 2018**  
 1203.202 Saturday 9:00 to 10:30am

### Ba Gua Zhang- Walking, Turning Exercise

Distinguished by walking, turning and movement its own internal energy exercise. It has the techniques for keeping the joints loose and enchanting deep breathing alternative health and meditative practice.  
**Nelson Ong, Barnes Park Service Club**  
**10 Weeks: October 6, 2018- December 8, 2018**  
**Fees: \$100**  
 1203.203 Saturday 10:30am- 11:30am

### Yoga (All Levels)

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 – October 1, 2018 - November 20, 2018**  
**Barnes Park Service Club and (Amphitheater for Lunchtime Yoga)**  
**Fee: \$76 one class or \$96 two classes**  
**Ages: All Welcome**  
 1223.201 Monday 10:15am - 11:30am (Service Club)  
 1223.202 Mon/Fri 10:15am- 11:30am (Service Club)



**Lunchtime Yoga (All Levels) (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 45 minute 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. (Holiday: Columbus Day)

**Instructor Haruna Asakawa**

**6 weeks - Monday/Thursday October 1, 2018 - November 20, 2018**

**Barnes Park Amphitheater**

**Ages: All Welcome**

**Fee: \$76 for (1x a week) or \$86 for (2xs a week)**

1223.203	Monday	11:45am to 12:30pm
1223.204	Thursday	11:45am to 12:30 pm
1223.205	Mondays & Thursdays	11:45am to 12:30pm

**CHEN'S TAI CHI**

Help calm down the mind and relax the body which is becoming survival skills in today's hectic and stress-

filled world. Students must verify any holiday make ups with instructor.

**Nelson Ong,**

**Barnes Park Memorial Bowl**

**10 Weeks: October 7, 2018 - November 11, 2018**

**Fees: \$100.00 All Welcome**

1208.202	Sunday	9:00 to 10:30am
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**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 4, 2018 - December 6, 2018**

**Fees: \$73.00 All Welcome**

1207.201	Thursday	5:30 to 6:30pm
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**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 7, 2018 - December 4, 2018**

**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
<b>Fees: \$151.00 All Welcome</b>			
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 4, 2018 - December 27, 2018 - Ages 5 to 17 years of age.**

**Fees: \$35.00 or \$30.00 Subsequent Family**

1102.207	Oct-Beg	Thursday 6:15 - 7:30pm	<b>5yrs &amp; Up</b>
		Saturday 8:45-10:00am	
1102.208	Nov-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	

**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, 2018 - December 15, 2018**

**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**

**Each Month: October 2, 2018 - December 27, 2018**

**Fees: \$31.00 or \$26.00 Subsequent Family**

1105.201	Oct	Tues & Thurs	7:00 to 8:00pm	<b>6yrs &amp; Up</b>
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 1, 2018 - December 28, 2018**

**Fees: \$37.00 or \$32.00 Subsequent Family**

1103.201	Oct-Beg	Mon/Wed/Fri	6:30 to 7:45pm	<b>6yrs &amp; Up</b>
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 2018**

**Fees: \$89.00**

1104.201	Oct-Beg	Thursday 7:30 - 9:00pm	<b>All Welcome</b>
		or Saturday 4:00 - 5:00pm	

**Each Month-Wing Chun 2: October 2018**

**Fees: \$89.00**

1104.207	Oct-Adv	Saturday 2:00 to 4:00pm	<b>All Welcome</b>
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**Taekwondo (NEW CLASS!)**

The Taekwondo class is taught by instructor George Duong, a 7th dan TKD black belt certified by the World TKD and 2015-2016 National Poomsae Team Member. Taekwondo is for anyone wanting to learn self-defense, endurance training, and/or enhancement of the mind and body. Students will learn both composure (poomsae) form and sparring techniques. Belt exam will be at the end of 10 weeks (\$35 fee). First 20 students enrolled get the uniform included at no charge (after 20 students, \$25 fee).



**Garvey Ranch Park Price: \$250 for 10 weeks**

**Ages: 7 and above, Gender: Coed, Spaces: 20 per class**

**Oct 1, 2018 - Dec 5, 2018 Each Monday and Wednesday 5:30pm - 6:30pm or 6:30pm - 7:30pm**

1107.201	Mon/Wed	5:30pm-6:30pm or 6:30pm-7:30pm
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**Taekwondo Poomsae (NEW CLASS!)**

The Taekwondo Poomsae class is taught by instructor George Duong, 2x USA National Poomsae Champion and 2015-2016 National Poomsae Team Member. The class is for athletics to enhance their competition Poomsae skills and for regular students to stay fit and in good health. All levels welcomed. Uniform not included (\$25 fee).

**Garvey Ranch Park Price: \$150 per month**

**Ages: 7 and above, Gender: Coed, Spaces: 20**

**Monthly: Oct/Nov/Dec -**

**Each Saturday and Sunday 5:00pm - 6:00pm**

1107.202	Sat/Sun	5:00pm-6:00pm
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**DRIVING CLASS**

**Basic Safety Driving**

Learn the basic information and safety skills about driving. How to solve problems when you are involved in an auto accident. This course is open for teenagers, adults and elderly. Instructor has 26 years of teaching experience.



**Instructor: Mr. Frank Liu**

**Sierra Vista Park Community Room**

**Fees: \$120**

**6 week course**

1427.201	Saturday	9:30am-10:30am
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**PING PONG**

Sierra Vista Ping Pong is an open play.

**Sierra Vista Park**

**Month to Month: October, November, December 2018**

**Monthly Fee: \$13.00 Daily**

**Fees: \$3.00 6yrs & Up**

1610.201	Oct - Monday-Friday	7:30 to 12:00pm	1610.201
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 Park and George Elder Tennis Courts**

**10 Weeks: October 2, 2018 - December 4, 2018**

**Fees: \$50.00**

**18yrs & Up**

1609.201	Inter/Adv	Tuesday	7:00 to 8:30pm
1609.202	Advance	Tuesday	8:30 to 10:00pm

**SPORTS CLASSES**

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
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**TENNIS**

This program is designed to teach, train and prepare kids for competitive tennis (Varsity, USTA, ITF)

**Mercedes Soriano/Ian Guzman, George Elder Park**

**Monthly: October, November, December 2018**

**Fees: Vary- look down below**

<b>OCTOBER</b>			
1606.208	intermediate (ages 6-15)	3:30pm-5:00pm	
	(Mon,Wed,Fri)	\$250/monthly	
1606.209	Intermediate (ages 6-15)	3:30pm-5:00pm	
	(Fridays only)	\$80/mo	
1606.210	adv/elite (ages 12-18)	5:00pm-7:00pm	
	(Mon,Wed,Fri)	\$350/monthly	
1606.211	adv/elite (ages 12-18)	5:00pm-7:00pm	
	(Fridays only)	\$100/mo	
1606.212	adults (ages 18-70)	7:00pm-9:00pm	
	(Wednesdays)	\$100/mo	
1606.213	kids Beginners (ages 4-12)	9:00am-11:00am	
	(Sundays)	\$80/monthly	

**NOVEMBER**

1606.214	intermediate (ages 6-15)	3:30pm-5:00pm	
	(Mon,Wed,Fri)	\$250/monthly	
1606.215	Intermediate (ages 6-15)	3:30pm-5:00pm	
	(Fridays only)	\$80/mo	
1606.216	adv/elite (ages 12-18)	5:00pm-7:00pm	
	(Mon,Wed,Fri)	\$350/monthly	
1606.217	adv/elite (ages 12-18)	5:00pm-7:00pm	
	(Fridays only)	\$100/mo	
1606.218	adults (ages 18-70)	7:00pm-9:00pm	
	(Wednesdays)	\$100/monthly	
1606.219	kids Beginners (ages 4-12)	9:00am-11:00am	
	(Sundays)	\$80/monthly	

**DECEMBER**

1606.220	intermediate (ages 6-15)	3:30pm-5:00pm	
	(Mon,Wed,Fri)	\$250/monthly	
1606.221	intermediate (ages 6-15)	3:30pm-5:00pm	
	(Fridays only)	\$80/mo	
1606.222	adv/elite (ages 12-18)	5:00pm-7:00pm	
	(Mon,Wed,Fri)	\$350/monthly	
1606.223	adv/elite (ages 12-18)	5:00pm-7:00pm	
	(Fridays only)	\$100/mo	
1606.224	adults (ages 18-70)	7:00pm-9:00pm	
	(Wednesdays)	\$100/monthly	
1606.225	kids Beginners (ages 4-12)	9:00am-11:00am	
	(Sundays)	\$80/monthly	

**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, 2018**

**(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
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Private: Oct- Dec, 2018 (Group Includes: 1/2hr class (4) classes)

**Fees: \$129.00**

**8yrs to 18yrs**

5604.202	Thursday	3:00pm to 7:00pm
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# LANGLEY CENTER FALL 2018

Register Online and Walk-on Registration begins on Tuesday, September 4, 2018 starting at 8:00 am at [www.montereypark.ca.gov](http://www.montereypark.ca.gov) or 400 West Emerson Ave., Monterey Park, CA 91754.

## Fall CLASSES & ACTIVITIES

10 Week classes from October 1- December 8, 2018, subject to change with holidays or make up classes

### CARDIO DANCE

Bring out your inner Amazon. This class is 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. Ages 18+ are allowed.

Andy Serrano, Langley Center

10 Weeks: October 1- December 8, 2018

Wednesdays 6:15pm-7:15pm \$45.00

### CHINESE BRUSH PAINTING

Learn how to do Chinese brush painting on rice paper and how to build up basic skills. On site demonstration and correction on assignments. Class may have supplies or materials cost.

Peter Lee, Langley Center

10 Weeks: October 1- December 8, 2018

Thursdays 9:30am-11:30am \$75.00

### LINE DANCING (CLOGGING)

This class is an intergenerational class which will encourage a variety of generations to participate and interact. Clogging is an American Folk Dance including Asian Music, 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. All participants are welcome to stay the whole duration of class. Beginner at 5:30pm, intermediate at 6:30pm and advanced at 7:30pm. All participants are welcome to stay the entire duration of class. Ages 18+ are allowed.

Reggie Stevens, Langley Center

10 Weeks: October 1- December 8, 2018

Thursdays 5:30pm-8:30pm \$32.00

### Langley Center Instructor: Katalina Beltran

10 Week classes from October 1- December 8, 2018, subject to change with holidays or make up classes

### Chair Yoga & Stretch (NEW)

Interested in Yoga but feel you can't do the moves standing for the hour? If not, this class is for you. We will do sitting in the chair or using the chair on the side. Class is for all levels and will incorporate stretches for Arthritis and other limited mobility issues. You will improve your flexibility and strength and make daily tasks much easier to perform. No special equipment is needed for this class.

Fridays 9am-10am \$45

### Body Sculpting (NEW)

This new class will shape and tone your body with an intense toning workout, a 5 min warmup and then standing exercises with weights including Squats, Lunges and Arm Strengthening moves. We will then go to the floor for intense Stomach and Glute shaping using Pilates type moves and exercises. Finish with a great stretch at the end. You will need a set of hand weights and a mat or towel. Optional items include a pilates ring or a circular exercise band-available for purchase \$5.00

Fridays 11am-12pm \$45

### CARDIO FITNESS - Beginner

Heart healthy low impact aerobics, strength and flexibility training is the focus of this class. Improve your balance, muscle tone and posture.

Mondays and Wednesdays 1:00pm-2:30pm \$60

Mondays 1:00pm-2:30pm \$43

### CARDIO FITNESS - Intermediate

Class offers targeted body sculpting exercises with energetic low impact moves, small weights and exercise band to tone arms, abs, back and thighs. Students will not do any exercises on the floor. Bring weights and exercise band to class.

Fridays 10:00am-11:00am \$43

### CARDIO FITNESS- Advance

Come and exercise in this advanced program which helps improve balance, strengthening, flexibility, muscle tone, bone density and posture.

Mondays and Thursdays 2:35pm-4:00pm \$60

Mondays 2:35pm-4:00pm \$43

Thursdays 2:35pm-4:00pm \$43

### CHAIR FITNESS EXERCISE

Aerobic movement, range of motion exercises, strength training, performed in a seated position. This wellness course blends yoga, breath work, strength building and most importantly brain charging exercise.

Tuesdays 1:15pm-2:15pm \$40

Tuesdays and Thursdays 1:15pm-2:15pm \$58

Thursdays 1:15pm-2:15pm \$40

### 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.

Tuesdays 2:30-3:30pm \$43

Thursdays 12pm-1pm \$43

T/TH Tue 2:30-3:30pm & Thu 12pm-1pm \$60

### ZUMBA ON TUESDAYS

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: merengue, salsa, and cumbia. Instructor is Zumba and Zumba Gold licensed.

Tuesdays 12pm-1pm \$43

### Katalina Beltran - Combination Classes

#### CARDIO FITNESS (Beginners) \$100

Mondays AND Wednesdays 1:00pm-2:30pm  
& Zumba Tuesdays 12pm-1pm

#### CARDIO FITNESS (Beginners) \$85

Mondays OR Wednesdays 1:00pm-2:30pm

#### & YOGA

Tuesdays 2:30-3:30pm

OR Thursdays 12pm-1pm

#### CARDIO FITNESS (Advance) \$100

Mondays and Thursdays 2:30pm-4:00pm

#### & YOGA

Tuesdays 2:30-3:30pm

OR Thursdays 12pm-1pm

#### CARDIO FITNESS (Advance) \$85

Mondays OR Thursdays 2:30pm-4:00pm

#### & YOGA

Tuesdays 2:30-3:30pm

OR Thursdays 12pm-1pm

#### CARDIO FITNESS (Intermediate) \$85

Fridays 10:00am-11:00am

#### & ZUMBA

Tuesdays 12pm-1pm

#### YOGA

Tuesdays 2:30-3:30pm

OR Thursdays 12pm-1pm

#### & ZUMBA

Tuesdays 12pm-1pm \$85

## RECREATION SPORTS

Doors open for regular activities at 8:00am - 5:00pm Monday to Friday and 8:00am-2:00pm Saturday and Sunday. Bring a friend or come ready to play and enjoy the friendly atmosphere!

10 Weeks: October 1- December 8, 2018

#### Morning Ping Pong & Billiards

Monday-Friday 6:00am to 8:00am \$39.00

Afternoon Ping Pong

Monday-Friday 5:30pm to 7:00pm \$30.00

Evening Ping Pong

Monday-Friday 7:00pm to 9:00pm \$39.00

#### PICKLEBALL 101

Come out and learn the basic fundamentals of Pickleball. Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Staff will be onsite to provide you with the equipment and will teach you the rules of this fun sport. This learning opportunity is open to anyone ages 18 and over.

Wednesdays & Fridays 8:30am-11:30 am  
at Sierra Vista Park Free



### ANGELES DANCE STUDIO

#### Cartoon Drawing

Barnes Park Service Club  
Class Code: 1512.201  
Fees: \$159

#### Belly Dance

Barnes Park Amphitheatre  
Class Code: 1422.203  
Fees: \$120

#### Beginner Ballet Dance - NewClass

Barnes Park Amphitheatre  
Class Code: 1422.208  
Fees: \$120



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

Barnes Park Amphitheatre  
Class Code: 1422.207  
Fees: \$120



#### Hip Hop Dance for Kids

Barnes Park Amphitheatre  
Class Code: 1422.202  
Fees: \$120

#### Hip Hop Dance for Teenagers

Barnes Park Amphitheatre  
Class Code: 1422.201  
Fees: \$120

#### Salsa

Barnes Park Amphitheatre  
Class Code: 1422.204  
Fees: \$120



~請到蒙特利公園市政府或是上網[www.montereypark.ca.gov](http://www.montereypark.ca.gov)報名註冊~  
Please register the class at [www.montereypark.ca.gov](http://www.montereypark.ca.gov)

#### After School Staff

Have Teaching Credential Certification

全部學區執照教師

Our staff speaks English / Spanish / Chinese



#### Piano Class - Private Lessons

英國皇家音樂學院教師執照

Fees: \$40 / hour; \$25 half hour rate

## Math Clinic

After School Program

#### SATURDAY

#### Common Core Writing Course

Time: 9am-12pm / 1pm-4pm  
Fee: \$100/month

#### Chinese Class Level 1-12

Pinyin Chinese Calligraphy

Declaim Nursery Rhyme

Time: 9:45am-12pm / 1pm-3:15pm  
Fee: \$100/month

#### Math Support

Time: 1pm-4pm  
Fee: \$100/month

#### Weekend Sharp Your Skills

One-to-One Tutoring Service  
All of the subjects from K-12<sup>th</sup> grade

\*This ad is not sponsored or endorsed by the City of Monterey Park.

## YACA EDUCATION CENTER

333 W Garvey Ave.,  
Monterey Park, CA 91755  
626-623-8981



## MATH CLINIC

222 W Garvey Ave., Suite #L, #M & #N,  
Monterey Park, CA 91755  
626-288-0882

# AQUATICS CENTER

Registration now open at [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov) or  
in person at the City Hall Recreation Department, 320 W. Newmark Avenue, Monterey Park, CA 91754

**FALL SWIM CLASSES**

Swim Registration Begins Tuesday, September 4, at 7:30 a.m. at the Monterey Park City Hall Recreation Department, 320 W. Newmark Avenue, Monterey Park, CA 91754

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.

**Swim Lesson Fees: \$40.80**

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

Cycle 1 - Saturdays: September 15, 2018 – October 13, 2018  
Cycle 2 - Saturdays: October 20, 2018 – November 17, 2018

**NO MAKE-UPS OR REFUNDS ALLOWED FOR FALL SWIM CLASSES!**

**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. Pre-Requisite required: Parents are required to be in the water during class time

**6mos to 5yrs**

Saturday 10:30am to 11:20am  
Saturday 11:30am to 12:20pm

**LEVEL I: WATER EXPLORATION**

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

**Pre-Requisite required: Students must meet minimum age requirement - 5 years of age**

Saturday 10:30am to 11:20am  
Saturday 11:30am to 12:20pm

**LEVEL II: PRIMARY SKILLS**

Fundamental Aquatic Skills: gives students success with fundamental skills.

**Pre-Requisite required: Level 1 Water Exploration**

Saturday 10:30am to 11:20am  
Saturday 11:30am to 12:20pm

**LEVEL III: STROKE READINESS**

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

**Pre-Requisite required: Level 2 Primary Skills**

Saturday 10:30am to 11:20am  
Saturday 11:30am to 12:20pm

**LEVEL IV: STROKE DEVELOPMENT**

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

**Pre-Requisite required: Level 3 Stroke Readiness**

Saturday 12:30pm to 1:20pm

**LEVEL V: STROKE REFINEMENT**

Stroke Refinement: provides further coordination and refinement of strokes.

**Pre-Requisite required: Level 4 Stroke Development**

Saturday 12:30pm to 1:20pm

**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

**Pre-Requisite required: Level 5 Stroke Refinement**

Saturday 12:30pm to 1:20pm

**ADULT LEARN TO SWIM**

Adult swim lessons are for those individuals who wish to learn to swim or those who want to improve their technique to feel safe, secure, and confident in any body of water.

**Pre-Requisite required: Advanced and Beginner classes**

**for 18yrs & Up.**

Saturday 12:30pm to 1:20pm Beginner and Advanced



## Water Aerobics

### Fall 2018

Instructor Margaret Nalbandian  
Elder Park Pool  
1950 Wilcox Ave. Monterey Park, CA 91754

**Tuesday, August 21<sup>st</sup> – Thursday, October 25<sup>th</sup> 2018**

**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.

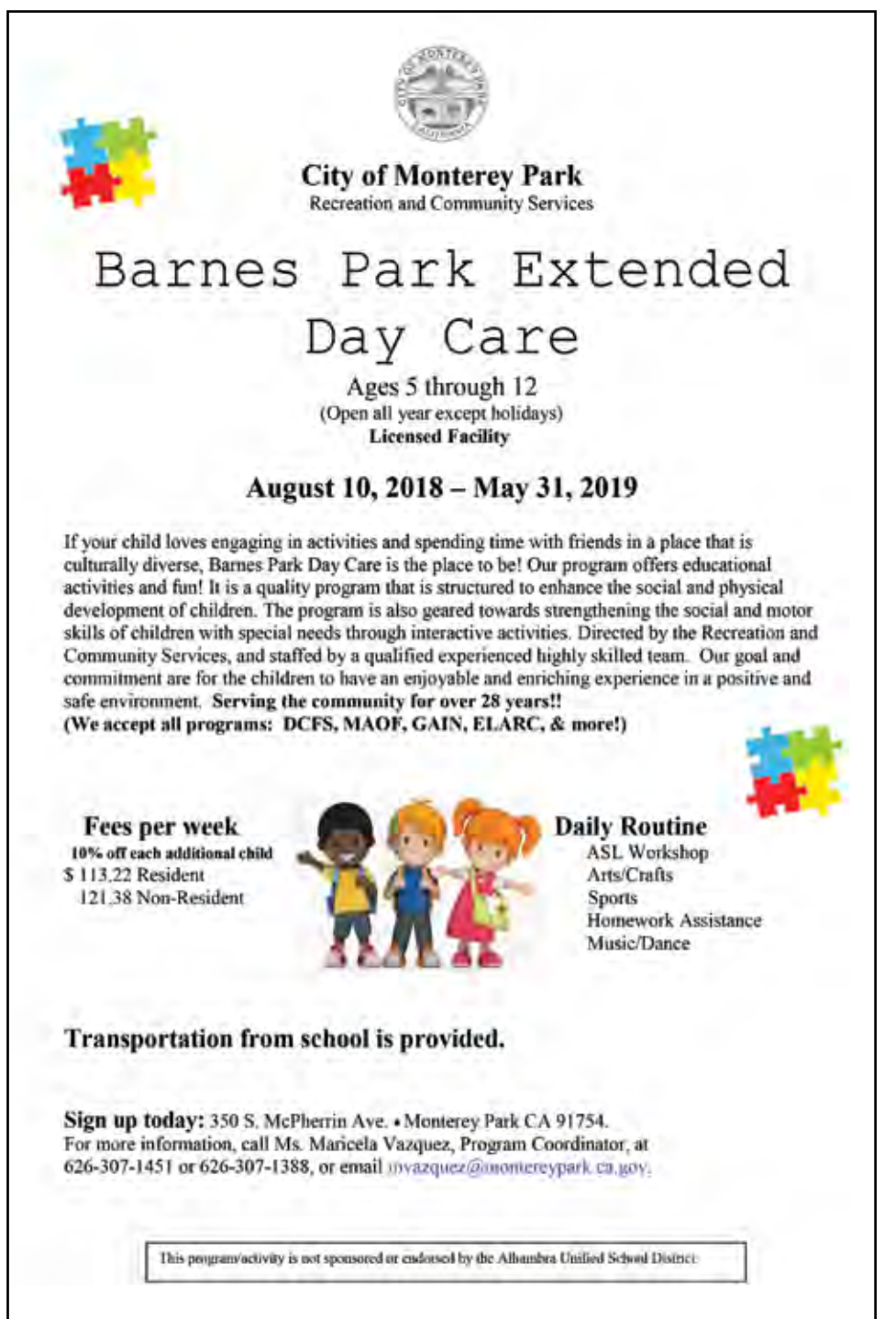
**10 weeks: Tuesday & Thursday 4:30 – 5:20 PM**


**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: Tuesday & Thursday 5:30 – 6:20 PM**

**Sign up today for Deep/Shallow Water Aerobics!**

1 class per week	\$65.00
2 classes per week	\$80.00
Unlimited	\$125.00





**City of Monterey Park**  
Recreation and Community Services

## Barnes Park Extended Day Care

Ages 5 through 12  
(Open all year except holidays)  
Licensed Facility

August 10, 2018 – May 31, 2019

If your child loves engaging in activities and spending time with friends in a place that is culturally diverse, Barnes Park Day Care is the place to be! Our program offers educational activities and fun! It is a quality program that is structured to enhance the social and physical development of children. The program is also geared towards strengthening the social and motor skills of children with special needs through interactive activities. Directed by the Recreation and Community Services, and staffed by a qualified experienced highly skilled team. Our goal and commitment are for the children to have an enjoyable and enriching experience in a positive and safe environment. **Serving the community for over 28 years!!**  
**(We accept all programs: DCFS, MAOF, GAIN, ELARC, & more!)**

**Fees per week**

10% off each additional child

\$ 113.22 Resident

121.38 Non-Resident

**Daily Routine**


ASL Workshop

Arts/Crafts

Sports

Homework Assistance

Music/Dance



**Transportation from school is provided.**

**Sign up today:** 350 S. McPherrin Ave. • Monterey Park CA 91754.  
For more information, call Ms. Maricela Vazquez, Program Coordinator, at 626-307-1451 or 626-307-1388, or email [mrvazquez@montereypark.ca.gov](mailto:mrvazquez@montereypark.ca.gov).

This program/activity is not sponsored or endorsed by the Alhambra Unified School District.

# RM BODY SHOP

## \$100 - Rebate Insurance Claim

454 E. Garvey Ave., Monterey Park, CA 91755  
(626) 288-7402 SINCE 1970

### Raul Meza

E-mail: [rmbodysshopmpk@aol.com](mailto:rmbodysshopmpk@aol.com)  
We Proudly Guarantee the Quality of Our Work



## FREE Electronic Waste Recycling Event

Evento Gratuito de Coleccion de Desperdicios Electronicos  
電子廢物回收及籌款獲益馬凱博高中

A Fundraiser for:  
**George Elder Park's East Parking Lot**  
(Enter from Lupine Ave.)

2101 S Lupine Ave  
Monterey Park

**Sept 8 & 9**  
Saturday & Sunday  
9am - 2pm

For All TVs, LCDs, Laptops - Proof of California Residency Required!  
Para todos los televisores, ordenadores portátiles, LCDs - Prueba de California obligación ser residente!  
所有電視, LCDs, 手提電腦 - 請帶各加州居民身份證明!



Computers, Monitors, Laptops, Printers, Scanners, Copiers, Televisions, LCDs, PC Peripherals, VCR/DVD Players, Fax Machines, Power Supplies, Auto/Rechargeable Batteries, Cell/Landline Phones  
Computadoras, TV, Monitores, LCDs, Teclados de Computadora, VCR, DVD, impresoras, escáneres, copiadora, facsimil, fuente de alimentación, Telefonos celulares, Baterias de Carros  
電腦, 電腦顯示屏幕, 手提電腦, 電腦零件, LCD 視像器, 電視機, 傳真機, 印刷機, 電話, 錄影機, VCR/DVD 機, 充電器, 汽車電池等等

\*\*SORRY - WE CAN'T ACCEPT LIGHT BULBS, HOUSEHOLD BATTERIES (AA, C, D), WASHERS, MICROWAVE OVENS, or LASER TONERS...INK CARTRIDGES OK.\*\*

For more info call 909-591-8408 or go to [www.attanrecyclingcorp.com](http://www.attanrecyclingcorp.com)

Paid Advertisement

## What Causes Loose Teeth and How to Save Them

By John Chao, D.D.S.



Dr. John Chao, DDS

A loose tooth in a child often signals an exciting rite of passage. Once a person reaches adolescence, however, a loose tooth is no longer a normal occurrence.

Adults may be alarmed when they notice loose teeth. Adult teeth are permanent and designed to last a lifetime.

Some causes of loose teeth in adults are harmless. Others require the care of a dental professional to save the tooth, remove it, or replace it with an implant or bridge.

The following factors are often responsible for looseness in one or more teeth:

### (1) Gum disease

Poor dental hygiene may cause a loose tooth.

Also known as periodontitis, this disease involves inflammation and infection of the gums. It is usually caused by poor dental hygiene habits.

The Centers for Disease Control and Prevention (CDC) in the United States report that half of the country's adults aged 30 or older have gum disease.

When brushing and flossing do not remove plaque, gum disease can develop. Plaque contains bacteria. It sticks to teeth and hardens over time until only a dental health professional can remove it.

Hardened plaque, known as tartar, causes the gums to pull away from the teeth, creating gaps that can become infected.

Over time, this process can break down the bone and tissue supporting the teeth, causing the teeth to become loose.

Other signs of gum disease include:

- gums that are tender, red, painful, or swollen
- gums that bleed when the teeth are brushed
- gum recession
- changes in the way the teeth fit together

Any signs of gum disease should be checked by a dentist as soon as possible. Early detection and treatment can prevent tooth loss.

### (2) Pregnancy

Raised levels of estrogen and progesterone during pregnancy can affect the bones and tissues in the mouth.

Having more of these hormones can alter the periodontium, which is the collection of bones and ligaments that support the teeth and keep them in place. When the periodontium is affected, one or more teeth may feel loose.

The changes to this part of the body will resolve after pregnancy, and they are not a cause for concern. However, anyone experiencing pain or loose teeth during pregnancy should see a dentist to rule out gum disease and other oral health problems.

It is safe for pregnant people to have dental checkups, cleanings, and X-rays, according to the American Dental Association and the American Congress of Obstetricians and Gynecologists.

In fact, because of a possible link between gum disease and premature birth, pregnant women are encouraged to see dentists regularly.

### (3) Injury to the teeth

Injuries sustained because of contact sports may cause loose teeth.

Healthy teeth are strong, but an impact from a blow to the face or a car accident, for example, can damage teeth and surrounding tissue. The result may be chipped or loose teeth.

Similarly, clenching the teeth during times of stress or grinding them at night can wear down the tissues and loosen the teeth.

Many people are unaware of their clenching or grinding habits until they result in jaw pain. A dentist may be able to detect the problem before the teeth are permanently damaged.

Anyone who suspects that an injury has damaged the teeth should see a dentist as soon as possible. Sports injuries, accidents, and falls, for example, can cause dental damage.

### (4) Osteoporosis

Osteoporosis is a disease that causes the bones to weaken and become porous. As a result, even minor bumps and impacts can lead to broken bones.

While osteoporosis commonly affects the spine, hips, and wrists, it can also damage the bones in the jaw that support the teeth.

If the jaw bones become less dense, the teeth may loosen and fall out. The National Institutes of Health (NIH) in the U.S. also report a possible link between bone loss and an increased risk of gum disease.

Certain medications used to treat osteoporosis can cause dental health problems, though this is uncommon. In rare cases, drugs called bisphosphonates, which help to treat bone loss, can lead to loose teeth. This is known as osteonecrosis of the jaw.

Authors of one study suggest that osteonecrosis rarely occurs in people who are taking bisphosphonates in pill form, but that the condition may develop in people who receive the medication intravenously.

Trauma and surgical procedures, such as tooth extraction, can also cause osteonecrosis.

### How to prevent teeth from coming loose:

Loose teeth cannot always be prevented, but a person can take steps to reduce the risk. Tips for tooth and gum health include:

- brushing the teeth thoroughly twice a day
- flossing once a day
- refraining from smoking
- attending dental checkups and cleanings as often as recommended
- wearing a properly fitted mouth guard while playing sports
- wearing a bite splint, when nighttime grinding or clenching is an issue
- asking a doctor about calcium and vitamin D supplementation to help prevent osteoporosis
- keeping diabetes under control, as diabetes is a risk factor for gum disease
- being aware of medications that may affect the teeth

Treatment options for a loose tooth  
A range of treatments can help, and the best option will depend on the cause of the looseness.

### Treatments include:

Splint loose teeth to firmer teeth. Splinting means a way of stitching your teeth together with hidden wiring. You have probably seen a retainer-type of wiring the back of the lower front teeth to prevent teeth from moving after braces. That's what your dentist can do for your loose teeth. In some select cases the loose teeth can be splinted together with crowns.

- Scaling and root planing. This is a type of deep cleaning procedure that can treat and help to reverse gum disease.
- Medications or mouth rinses. These can help infected gums to heal and combat bacteria in the mouth.
- Surgery. The aim will be to remove inflamed gum tissue and bone that has been damaged by gum disease.
- Bone grafts. These can help to rebuild bone lost to gum disease.
- Soft tissue grafts. Also known as gum grafts, these can prevent further gum or tooth loss in people with gum disease.
- Dental appliances, such as bite splints. These can reduce damage from grinding and may help the mouth to heal after dental surgery.
- Treatment for diabetes. Appropriate treatment is important for dental health.

So, if you have loose teeth or suspect you might be prone to have them, see your dentist as soon as possible. As the old saying goes, "A stitch in time saves nine." What we dentists can also say, "Splint your teeth in time, you will be fine."

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# Alhambra Unified Celebrates Employees with New AUSD Badges Program



When 2,500 employees on 19 school campuses and at a district office are dedicated to working on behalf of 17,000 students and their families, there are daily stories of kindness, encouragement, and impact on others, stories that rarely get shared.

Alhambra Unified wants to change that by shining a light on the extraordinary people who are AUSD employees. With its new AUSD Badges program [www.ausd.us/badges/](http://www.ausd.us/badges/) the District invites everyone in the AUSD community — student, parent, employee, community member, district partner — to take three minutes to nominate an employee they think deserves special recognition. [Directions below]

The AUSD Badges program is based on the premise that looking for the good and sharing it is spirit-lifting for everyone. “What we celebrate grows,” says Superintendent Denise Jaramillo. “While the district has yearly award winners, we realize we have daily heroes who deserve celebration.”

The brainchild of Kimberly Morinaka, a Technical Instructional Specialist with Technology and Information Services, the AUSD Badges website makes it fun, fast and easy for anyone to compliment, thank or recognize any employee.

Ms. Morinaka’s artist’s eye and problem-solving design mind are on full display on the site. With elegant and

seamless coordination, the nomination triggers emails to both the nominee and the nominator.

The nominee receives personal congratulations, learns who nominated her/him for which badge and why, and receives news that they are now eligible for the Game Changer badge. The nominator receives thanks and notice that their kind words will be shared with the nominee.

The two-tiered recognition program allows nominees for the Above and Beyond the Call of Duty badge and for the Spotlight badge to then be eligible for the Game Changer badge which will be awarded every month during the school year to two employees, beginning in September 2018.

The two monthly Game Changer badge winners each receive a \$100 stipend from Schools First Federal Credit Union, recognition by the Board of Education and an article about them in Around Alhambra and Cascades. Says Carol Chaney with Schools First FCU, “This is exactly the kind of program Schools First loves to support — we look for ways to be a part of applauding the great work done by dedicated school employees.”

Tammy Scorcia, ATA President agrees, “The AUSD Badges program and the Game Changer Award winners will help build a culture of connection and appreciation throughout the district. This new program gives us all an easy to way

acknowledge the amazing work done by so many.” CSEA President Craig Proffitt adds, “Our members are making a difference in the lives of students everyday. We welcome a program dedicated to saying thank you.”

Stacie Coleman Hsu, AUSD Director of Human Resources, Ms. Scorcia, and Mr. Proffitt, will meet every month to select the two Game Changer badge winners from the nominee badges pool.

“This is such a special opportunity for all of us to notice how much AUSD employees give each day,” says Ms. Coleman Hsu. “When we look through a lens of appreciation and gratitude, we help create more positivity and trust.”

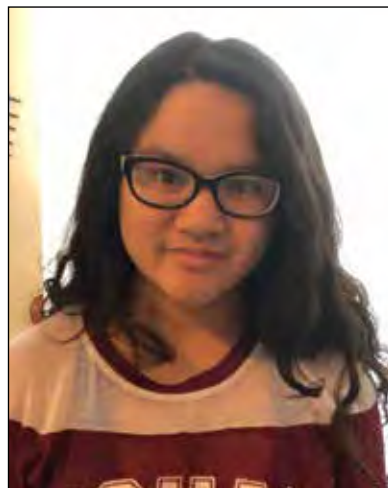
Above and Beyond the Call of Duty and Spotlight badge nominations received before September 15th are eligible to be chosen as the first Game Changer badge winners.

**Nominate someone today. Here’s how:**

Go to [www.ausd.us/badges/](http://www.ausd.us/badges/)  
 Click Recognition  
 Click one of the two badges you that you want to choose  
 Fill out short, fast form: who you are, who you nominate and what they do, how you know them and why you want them to be recognized.  
 Submit.

# Ramona Elementary Student’s Logo Design Chosen to Launch Arts Ed is a Superpower: ARTS Advance AUSD

The new 2018-2019 Alhambra Unified campaign spotlights its visual + performing arts programs, students and VAPA teachers on 19 campuses + the lifelong gifts of arts education for students



Artist and violinist, Sydney Nakasone, is a Ramona Elementary eighth grade student who created the design chosen to be the logo to launch the Art Ed is a Superpower: ARTS Advance AUSD campaign. Her design was chosen from the drawings submitted by Ms. Gloria Rodriguez’s summer school art class offered at the Alhambra Education Foundation. This is was Sydney’s second year to take the class

Artist and violinist, Sydney Nakasone is an eight grade student at Ramona Elementary who designed the logo selected for the launch of new 2018-2019 Arts Ed is a Superpower: ARTS Advance AUSD campaign at Alhambra Unified.

An artist and a violinist, Sydney Nakasone, is an eighth Ramona Elementary student who loves to draw. “I’m always looking around to find something I want to capture in a drawing,” Sydney says. “Or I copy a drawing I like so I can learn how the artist created it. For me, drawing is kind of changing the way I see things. It’s calming and creative and I love it.”

This summer Sydney wanted to take Ms. Gloria Ramirez’s art class at the Alhambra Education Foundation because, she says, “I learned so much from her class last summer, I wanted to take it again.”

One of Ms. Ramirez’s July class projects was asking her 4th to 8th grade summer school students to help design a logo for the new Arts Ed is a Superpower: ARTS Advance AUSD campaign. Out of all the student drawings, one would be selected for the campaign logo.

“Ms. Ramirez and her students added so much energy to this exciting new district-wide arts education campaign,” says Alhambra Unified Superintendent Denise Jaramillo. “We loved the imagination and creativity they brought to the project.”

Out of those inventive student drawings, this design by Sydney Nakasone was selected to be the logo to launch the campaign:

When asked about her drawing, Sydney explains, “I wanted to show all the different arts and connect them to the minds of a girl and boy because I think our superpowers begin with our minds. I especially like to work with cool colors, so I choose this color scheme,” Asked how she became interested in drawing, Sydney says she’s always loved to draw and says, “My mom is an artist, I got my inspiration from her.”

To convey her vision of arts education as a superpower, Sydney used sharpies and colored pencils on paper to draw ballet slippers, high topped dance shoes, treble clefs, paint brushes, chisels, a theater stage, the masks of comedy and tragedy, a sketch of an eye, a camera, a boom box, an artist’s palette, music notes and music scores, a film camera and a film clapperboard. She then superimposed the images onto a silhouette of a girl and boy.

“Sydney not only captured the spirit and the message of Arts Ed is a Superpower: ARTS Advance AUSD,” says Jaramillo. “She embodies those superpowers with her poise, vision, focus, imagination, and dedication to creating something very special. We are so proud to have her drawing represent our district campaign.”

The year-long campaign will showcase the wide range of Alhambra Unified’s 19 campus visual and performing arts programs, performances, competitions, and exhibitions, the students and the VAPA teachers. It will also highlight the remarkable ways research shows that arts education improves student learning across all subjects, grows student, parent and community engagement, and increases attendance, graduation and college entrance rates.

Where arts education is offered, studies show that schools develop a culture of connection and empathy, and the students learn team work, collaboration and problem-solving skills that serve them throughout their adult lives.

“We see the benefits of arts education ripple out across the lives of our students and in our families, our schools and our community,” says Jaramillo. “The dedication and passion of Alhambra Unified VAPA teachers and their students enriches us all.”

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# Alhambra High School Rings in The Start of Another School Year



The Alhambra Thespians display their talents and perform a dramatic excerpt from a script. Pictured above are (l-r) Stephaney Knapp, Vicky Cervantes and Thomas Keenan.



AMPS, the Alhambra Moor Poetry Society, is represented by a performance from Daniel Flores (above) who recites his original, untitled piece.



The Alhambra All Male Dance Team, which included many of its newest members following spring tryouts, displays its latest routine at the Sophomore Assembly.



The Alhambra Dance Team, which also included its newest members, showcased a Pom routine that opened with the classic song, "Tainted Love" by Soft Cell.

A few weeks ago, Alhambra High School began another school year – like it did almost 120 years ago when the campus first opened.

Of course, times have changed and the student population has grown, but the purpose still remains the same.

Planning for the first day starts prior to the ending of the previous school year, but the modified opening day schedule proves to be an effective way to welcome back all of the students. While the juniors and seniors are allowed to descend upon the campus later in the morning, both the freshman and sophomore classes are given special attention with each having its own assembly at the regular start time.

In order to help ease the transition from 8th to 9th grade for all of the "newbies," the school began a tradition some time ago and provides an assembly in the auditorium for all of the incoming

freshman in order to lay the groundwork of the new environment and spell out the expectations of the freshman class. In other words, safety and success are paramount on the campus.

The sophomores, with a year of high school already under their belts, are gathered into the gymnasium where the Student Council hosts a gathering to introduce many of the extra-curricular activities in which the students may join around the campus. This year, the Alhambra High School Dance Team, All Male, Thespians, and the Alhambra Moor Poetry Society (AMPS) all "did a great job with their routines and performances," remarked ASB Adviser, Tuan Pham, "and welcomed the sophomore class back for the new school year in style!" Mr. Pham is in his third year of directing the Student Council, one of the busiest jobs on the campus.

Following each assembly, the juniors and seniors returned to the campus and the new school year officially began.

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# Featured Stories in Chinese and Spanish

## 九月十一日 愛國紀念日典禮

九月十一日，星期二，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。



## 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 Martes 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. El Alcalde y el Concejo Municipal invitan a los miembros de la comunidad a participar en la ceremonia.



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喬治愛爾特公園Elder Park地址位於1950 Wilcox Avenue, Monterey Park, CA 91755. 欲需要了解更多農夫市場信息，請參訪www.MontereyPark.ca.gov或致電626-307-1388與娛樂部門聯繫。

## El Mercado de Los Agricultores de Monterey Park Ahora Abre Los Jueves Por Las Noches en George Elder Park.

Bajo la nueva gerencia, el Mercado de Agricultores de Monterey Park está abierto para el publico los jueves de 4-9 p.m. en el Parque George Elder.

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Para cumplir con la legislación de Reciclaje Comercial y Organico Obligatorio del Estado (AB 341), (AB 1826) - Servicios de Athens ha entregado recientemente barriles azules de 96 galones para reciclaje, los cuales se pueden obtener gratuitamente para complejos multifamiliares. Como un recordatorio amistoso, el reciclado sera recogido semanalmente los jueves. Por favor recuerde que dueños de propiedades o arrendatarios tendrán que sacar los barriles al frente para el servicio y devolverlos al recinto un vez que estos sean vaciados. Los usuarios de este servicio pueden ser citados por la Ciudad de Monterey Park si los barriles no son quitados de la calle después de la colección.

Recuerde, que los barriles azules son para reciclables solamente, no basura. Los choferes de Athens no recogeran los contenedores que contengan objetos no reciclables. Apreciamos su cooperación! Si usted desea obtener contenedores adicionales, por favor contactese con los servicios de Athens al 888-336-6100. Note que este programa está disponible solo para complejos multifamiliares. Para más información, contactese con el Departamento de Obras Públicas al 626-307-1320.

## ¡Libere su hogar de artículos voluminosos- Gratis!

Los artículos voluminosos son artículos demasiado grandes para caber en su contenedor de basura, tales como electrodomésticos, muebles, alfombras, colchones, ropa y desechos de madera de gran tamaño. Los trosos de carton y troncos de árboles/ramas grandes, también se consideran artículos voluminosos siempre y cuando no sean de mas de dos pies de diámetro y cuatro pies de largo. Todo lo que tiene que hacer es llamar a los servicios de Athens al 888-336-6100 durante las horas de trabajo por lo menos 24 horas antes de su próximo día de recolección de basura. Coloque artículos voluminosos para recoger a las 6:00 a.m. en su día de recolección de basura, pero no antes de las 24 horas antes de su día de recolección de basura, de lo contrario los propietarios pueden ser citados por el personal de la ciudad. Los artículos voluminosos no incluyen desechos electrónicos y desechos peligrosos para el hogar.

Para obtener información sobre la recolección de desechos electrónicos, visite el Departamento de Obras Públicas (Public Works) del Condado de los Angeles en www.CleanLA.com o llame al 888-CleanLA. Los folletos de reciclaje de residuos peligrosos y electrónicos de la casa del Condado de los Ángeles también están disponibles en las oficinas de Obras Públicas (Public Works) de la Municipalidad. Los servicios de Athens también ofrece recolección de desechos electrónicos residenciales gratuitos cuatro veces al año llamando a los servicios de Athens al 888-336-6100.

Todos pueden ayudar a que la ciudad de Monterey Park tenga un mejor ambiente de vida. Su participación nos ayudará a cumplir con las leyes estatales y federales y ayudará a preservar nuestro ambiente para futuras generaciones. Para más información, comuníquese con Obras Públicas (Public Works) al 626-307-1320.



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**348 E. Riggin St, Monterey Park**  
4 Bed/2 Bath House with 1,302 sqft.

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**13222 Francisquito Ave, Baldwin Pk**  
2 Bed/1 Bath House with 772 sqft.

**FOR LEASE**

**151 S. Atlantic Blvd, Monterey Park**  
Vacant Lot | 14,627 sqft. lot

**FOR SALE**

**820 S. Atlantic Blvd, Monterey Park**  
Medical Office | 2,374 sqft. | 7,426 sqft. Lot

**SOLD OVER ASKING**

**1650 Mira Valle St, Monterey Park**  
5 Bed/4 Bath House with 2,266 sqft.

**SOLD OVER ASKING**

**4448 Benham Ave, Baldwin Park**  
4 Bed/2 Bath House with 1,332 sqft.

**FOR SALE**

**DRYICE**

**16518 S. Normandie Ave, Gardena**  
Ice House | 6,737 sqft. lot

**FOR SALE**

**15515 Bellflower Blvd, Bellflower**  
2 Bed/1 Bath House with 1,342 sqft.

**SOLD OVER ASKING**

**128 N. McPherrin Ave, MPK**  
3 Bed/2 Bath House with 1,258 sqft.

**SOLD OVER ASKING**

**149 Casuda Canyon Dr #D, MPK**  
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