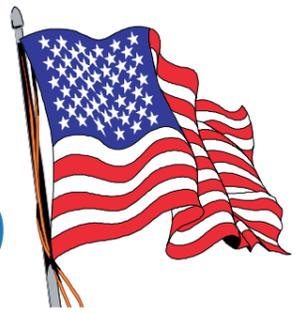




# The Monterey Park Cascades



Volume XII, No. II

Citywide News for Business, Community and Education

March 2014

**Join the Parade  
- Be a Part  
of Monterey  
Park's Birthday  
Celebration**



The Play Days Parade is coming May 17 and your club, church, or organization is invited to participate. The city is inviting local groups of all kinds to walk in the parade and show their community spirit.

As the parade date approaches, look for more information here in the Cascades or on the city website on how you can register your group to be a part of Monterey Park's annual birthday bash. For more info please contact the Recreation Department 626-307-1388.

**中文版第26頁  
Español Pagina 26**

**RECREATION DEPT.  
SPRING CLASSES**

Online Registration begins  
Saturday, March 8.  
See page 13 for class schedules  
or more information.

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## MPK Farmers' Market: Springtime Fruits & Veggies are Coming!



Customers shop with Vue Produce

Winter is winding down, which means spring is almost upon us (March 20th is the official first day). Farmers' markets are always a great indicator of changes in season. Here are some of the great signs of spring at your local Monterey Park Farmers' Market: artichokes, asparagus, fava beans, peas, turnips, cherries, guava and so much more! Come taste the flavor of spring. Don't forget about our great Market Match program for

EBT & WIC recipients (potential for free \$10 to spend at the market).

### Guess that Veggie Contest

Test your fruit and vegetable knowledge to win a basket of fresh fruits and vegetables from the market. The correct answer for February was leeks. Good luck this month! What veggie is this? Hint: Most varieties of this classic springtime veggie are green but some can be purple or white. Email the correct answer to montereyparkFM@gmail.com by March 7th and we will select one lucky winner!



### Farmers' Market Tip of the Month

Artichokes are another great taste of spring! When buying, look for the following: thistles with closed heads, leaves forming tight, compact layers and the whole artichoke should be firm and heavy for its size. To store, slice a quarter width off the stem, sprinkle the stem with water and refrigerate in an airtight plastic bag. Best to use within 5-7 days after purchased.

For more great tips or information, follow us on Facebook at montereyparkFM, visit the website at www.montereyparkfm.com, or contact us at montereyparkFM@gmail.com.

Monterey Park Farmers' Market is open rain or shine every Friday from 4-8 p.m. at 318 S. Ramona Ave between the library and city hall.

## Coyotes in Monterey Park

Avoid attracting and feeding these wild animals and protect your pets by following these tips

Over the past several years, coyote sightings have become more common within the city of Monterey Park. Although statistics show attacks on humans are extremely rare, it is always a good idea to regularly remind the residents of our city how to safely co-exist with coyotes.

First and foremost, the most effective way to prevent coyote attacks in our neighborhoods is to eliminate the feeding of any wildlife whether intentionally or accidentally. To avoid attracting coyotes to food sources...

- Keep trash cans secure
- Do not leave pet food outside
- Do not feed coyotes food of any kind.

Coyotes are generally timid and shy animals that tend to steer clear of any

potential danger and thus pose little threat to humans.

Residents with small pets under 20 pounds should supervise them while outdoors. Domestic cats left outdoors can also serve to attract coyotes. It is important that domestic cats and small dogs be kept indoors. A coyote cannot tell the difference between a small cat or dog and a rabbit, mouse or any other food source. Any dog, especially small dogs, that are left outside most of the time should also be watched with caution.

Always use a secure, sturdy leash when walking your dog. Retractable leashes are not recommended as they tend to jam and can make it difficult for you to protect your pet from a predator.



If you see a coyote during the daytime or are approached by a coyote, you should yell, wave your arms and/or throw something at it. Do not run as this will cause the coyote to pursue what it thinks is prey.

Parents should educate their children on how to identify and stay away from coyotes and wildlife. Small children should be under supervision when playing outdoors.

For more information please contact the Monterey Park Police Department Animal Control Bureau at 626-307-1217 or to report a coyote sighting please contact dispatch at 626-573-1311.

## Mark Keppel High School wins first place in Los Angeles County Academic Decathlon



The Mark Keppel Academic Decathlon team captured first place in the 2014 Los Angeles County Academic Decathlon. Winners were announced in February at the Quiet Cannon Country Club in Montebello.



The Mark Keppel Academic Decathlon team celebrates winning the 2014 Los Angeles County Academic Decathlon.

Mark Keppel High School secured a first-place finish in the Los Angeles County Academic Decathlon, garnering a score of 46,723.7 out of a possible 65,400 points. They narrowly defeated South Pasadena High School by just 36.3 points, as South Pasadena's team came in at 46,687.4 points. Alhambra High School placed seventh, with a total of 43,586.7 points. All three teams, along with nine other teams, will advance to the state finals, which will be held March 20-23 in Sacramento.

Mark Keppel's first-place finish serves as a marked improvement from last year, in which the team finished fourth while Beverly Hills High School took first. This year saw a reversal of fortunes, with Mark Keppel ousting Beverly Hills, which took fourth place. Led by coach Tin Tran, the team improved over 2,000 points, and the support by personnel throughout the Alhambra Unified School

District, such as Mark Keppel's Principal Jacinth Cisneros, cannot be understated. The team members are Chaney Tse, Annette Cai, Jourdyn Lao, Patrick Chea, Eric Lin, Lisa Fong, Joshua Bustamante, Lin Tian and Isaac Vazquez.

The Keppel team earned 30 individual medals (12 gold, 9 silver and 9 bronze), which is a record for the school. Medals were earned in every subject area. "The students want it known that these 30 medals represented a concerted team effort, and not just reflective of any one student," Coach Tran said. For the Super Quiz event, Keppel tied for second place with South Pasadena and Beverly Hills; Alhambra High School took third.

Bonnie Lam of the Alhambra High School team was recognized as one of the top three scoring decathletes overall, placing third with 8,294.6 points out of a possible

10,000 points.

The San Gabriel High School team, who competed in the division III level (Keppel and Alhambra compete in division I), received recognition as one of the most improved teams with its 7,561 point improvement from last year and took second in the Super Quiz. San Gabriel's performance moved them up to division II.

Academic Decathlon (ACADEC) consists of a series of ten events in different academic disciplines, consisting of the following: Art, Economics, Essay, Interview, Language and Literature, Mathematics, Music, Speech, Science, and Social Science (these disciplines focus around this year's major topic, which is World War I). It concludes with the relay-style Super Quiz consisting of questions from any of the possible disciplines, excluding mathematics. A normal ACADEC team consists of nine members and is meant to create a level academic playing field for all competitors, as these nine spots are divided into three categories with three students per category: Honors (unweighted GPA 3.75-4.00), Scholastic (3.00-3.74), and Varsity (less than 3.00). Only the top two scores from each category are counted in the final team score.

This article was written by Chaney Tse (Team Captain) and Patrick Chea, the two leading scorers of the Mark Keppel's Academic Decathlon Team.



**CITY OFFICIALS**

Anthony Wong, Mayor  
 Hans Liang, Mayor Pro Tem  
 Peter Chan, Council Member  
 Mitchell Ing, Council Member  
 Teresa Real Sebastian, Council Member

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

Paul Talbot, City Manager  
 Mark Hensley, City Attorney

**Fire Department Adds Four New Members**



Fire Department adds four new members

Each new recruit will spend the next 18 months on probation where they will be tested on skills they have learned with a high expectation of competency.

Firefighter Ayala is a resident of Upland who first began his time with the Monterey Park Firefighter as a reserve firefighter. Firefighter Mata also began his career as a reserve firefighter in 2012. Mata is a resident of Simi Valley where he and his family make their home. Firefighter Marquardt grew up in Orange County and became a reserve firefighter in Monterey Park in 2010. Firefighter/Paramedic Gomory is the only paramedic of the group. A reserve firefighter with Monterey Park since 2011, Gomory was given the opportunity to attend paramedic school under the sponsorship of the Monterey Park Fire Department. Gomory makes his home in Rancho Cucamonga.

Each one of these new firefighters brings a unique set of skills and abilities to our department and we are very excited to see them grow to become seasoned veterans of the Monterey Park Fire Department.

The Monterey Park Fire Department is pleased to announce the addition of four new members to the firefighting ranks. On October 14th, 2013 Firefighters Tyler Ayala, Raul Mata, David Marquardt and Firefighter/Paramedic Ben Gomory began their careers with the Monterey Park Fire Department. Before they even ran their first emergency call, all four recruits were put through a rigorous three week training academy lead by Training Captain Robert Blake and his training cadre. Even though the training ended after three weeks, their training is far from over.

**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**

2nd Wednesday, 6:30 p.m.  
 Service Club House, 440 S. McPherrin Ave.

**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.  
 City Hall Community Room

**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.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us).

**City Hall Frequently Used Phone Numbers**

Mayor and City Council	626-307-1465
City Manager	626-307-1255
City Clerk	626-307-1362
City Treasurer	626-307-1488
Animal Control	626-307-1217
Aquatics/ Rec. Classes	626-307-1388
Building Division	626-307-1300
Business License	626-307-1338
Code Enforcement	626-307-1415
Community & Economic Development	626-307-1315
Dial-a-Ride	626-307-1396
Economic Development	626-307-1382
Engineering	626-307-1320
Finance	626-307-1348
Fire Department Admin	626-307-1262
Fire Dept. Ambulance	626-307-1423
Fire Prevention	626-307-1308
Graffiti Removal	626-307-1449
Housing Rehabilitation	626-307-1385
Human Resources	626-307-1334
Job Hotline	626-307-1446
Langley Senior Center	626-307-1395
Library	626-307-1269
Planning and Zoning	626-307-1315
Police (emergency only)	9 1 1
Police (non emergency)	626-573-1311
Police Comm. Relations	626-307-1215
Police Reports & Records	626-307-1211
Pothole Report Line	626-307-2585
Public Works	626-307-1281
Recreation & Community Services	626-307-1388
Recycling Hotline	626-307-2510
Risk Management	626-307-1437
Special Events	626-307-1390
Trash Collection (Athens Services)	626-336-3636
Tree Trimming	626-307-1292
Water Billing	626-307-1342
Water Dept. After Hours	626-307-1282
Weed Abatement	626-307-1415

For additional numbers please visit the city directory at [www.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us).

**City Hall Hours**

Monday-Thursday: 7:00a.m.-6:00p.m.  
 Closed Fridays

**City Events Calendar**

- March 5 Regular City Council Meeting, 7:00 p.m., City Hall Council Chamber.
- March 13 Spirit Bus Community Meeting, 1:30-3:00 p.m., Langley Senior Center.
- March 18 City Council Guests & Presentations Meeting, 6:00 p.m., City Hall Council Chamber.
- March 19 Regular City Council Meeting, 7:00 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 Ave.

For more city events please visit the Community Calendar at [www.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us).

**HARMONY DAY SPA # 2 Of Monterey Park**

Body and Foot Massage \$15 Foot/\$20/up Body  
 4.5 STAR!!! 7 days- 10:30 a.m.- 11:30 p.m.  
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Every Morning 8:00am Start Serving

Check Out Before 11:00am:  
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Serve All Day:  
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Steamed Chicken \$5.99/each Lobster Noodle \$5.99/each  
 Roasted Duck \$5.99/each HK Style Fried Crab \$5.99/each  
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Visit our Facebook page 

## Monterey Park Chamber Of Commerce Outstanding Achievement Award Got To Follow Business for 2013:

Our President - John Man have given the certificates to Action Sales, Luminarias Restaurant, Monterey Palace Restaurant, NBC Seafood restaurant, Super Co Audio & Video Appliances, Wing Hop Fung, Ocean Star, Silver Star Services, Mar Investment and Shinanos restaurants for their outstanding service and dedication to the city of Monterey Park.

The Monterey Park Chamber of Commerce are here to help take your business to the next level so join us today by stopping by or calling our office: 700 El Mercado Ave, Monterey Park, CA 91754 (626) 570-9429

Are you a member of the Monterey Park Chamber of Commerce?

Join our business membership and receive **10% Advertising Discount** on the Monterey Park Cascades Newspaper.

Contact Deana Marie Sewell at Monterey Park Chamber of Commerce 626-570-9429 or email [deana@mpkchamber.org](mailto:deana@mpkchamber.org) for more information!

## Real Clients' Testimonies at **TheChuReviews.com**

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Property Evaluation

**For Sale** Listed \$1,238,000



**1112 Ridgeside Dr. Monterey Park**  
Built in 2013 4Bed/4Bath, Family room/Hill top Prime Location, Amazing View

**For Sale** Listed \$589,900



**1363 Pebble Vale St. Monterey Park**  
Brightwood Elm. School 3bed/2bath Great Curb Appeal, Clean Move-in Condition

**For Sale** Listed \$438,888



**8115 Arroyo Dr. Rosemead**  
Beautiful Curb Appeal, 3bed/2bath

**For Sale** Listed \$495,000



**227 S. Dacotah St. Los Angeles**  
Sharp! Remodeled 2 Houses in One Lot

**In Escrow!** Listed \$538,000



**940 Ridgecrest St. Monterey Park**  
Great View Home 3bed/2bath/Den

**Just Sold!** Sold \$590,000  
Listed \$499,000



**1571 Wandering Dr. Monterey Park**  
Popular Brightwood Elm. School

**Just Sold!** Sold \$720,000  
Listed \$649,000



**1495 Arriba Dr. Monterey Park**  
Great View Home on Huge Lot 3bed/2bath

**Just Sold!** Sold \$680,000  
Listed \$668,000



**645 Pueblo Dr. Monterey Park**  
Great View Home with Pool Cur-de-sac, 3bed/2.5bath, family room

**Just Sold!** Sold \$461,500  
Listed \$450,000



**2319 Roscommon Ave. Monterey Park**  
Remodeled Beautiful Home 2bed/1bath/Family room

**Just Sold!** Sold \$638,000  
Listed \$628,000



**1541 Sunnyhill Dr. Monterey Park**  
Beautiful Large View Home 4bed/2bath Family room

**Sold!** Sold \$708,000  
Listed \$649,000



**1113 Brier Cliff Way, Monterey Park**  
Extra Large View Lot, Wide Frontage 4bed/2bath

**Sold!** Sold \$580,000  
Listed \$558,000



**2524 El Paseo, Alhambra**  
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# March Events with The American Legion Post and Auxiliary Unit #397

In continuation of the support of our veterans, we are having a new socks and underwear drive during the entire month of March. These supplies will be distributed to veterans in need at our booth at the 3rd Annual "Heroes in the Shadows Stand Down" event on April 4th, 5th and 6th at Whittier Narrows Park. This event provides hot meals, showers, clothing, vision & dental screenings along with many other resources and services to our veterans. Please help spread the word about the event and help us donate these necessities to our veterans by dropping off new socks or underwear at the American Legion any time before Friday, March 28th. Gift cards are also welcome.

• Please join us for our Annual Pancake Breakfast on Saturday, March 22nd! Pancakes, scrambled eggs and sausage will be served from 8:30-11:30 a.m. in the main hall of the Legion.

• Don't forget to join us for our Friday night dinners at the Legion in March on the 14th and the 28th. Dinners are served from 6:00-8:00 p.m.

• The American Legion has a spacious hall that is available for ANYONE to rent for any occasion! We have reasonable rates, a full bar, and decorating and party assistance is available upon request. Please check out the album titled "Rent Our Hall" on our Facebook page for pictures of past events, or call the Legion for more information.

We are always looking for new members to join our post. If you or anyone you know is interested, please contact Commander Gabriel Suarez at 626-571-9211. Like us on Facebook or email us at post397@gmail.com. We are located at 338 S. Ramona Ave., Monterey Park, CA 91754.

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www.tkdwtc.com (626)235-8873

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**Monterey Park Cascades**

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E-mail: success668@yahoo.com (Simon)



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LYRICS BY HOWARD ASHMAN & TIM RICE  
BOOK BY LINDA WOOLVERTON

**MARK KEPPEL HIGH SCHOOL**  
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**FEBRUARY 28, MARCH 1, 2, 7, 8, & 9, 2014**  
FRIDAYS & SATURDAYS @ 7:30PM; SUNDAYS @ 3:00PM

PURCHASE TICKETS ONLINE AT [MKHS.ORG](http://MKHS.ORG)  
OR CALL 626/943-6781 FOR MORE INFORMATION

**NEW YEAR'S PRESENT**  
Get a Free Lee Kim Kee Sauce with min. \$10 valid purchase, (8,800 bottles available)  
新春大贈送: 新春凡惠顧\$10均送李錦記醬料系列產品一份, 8,800份送完為止!

**NEW YEAR'S SPECIAL**  
Royal Steam Chicken for \$9.99 offer expires in 2/28/2014  
新春大優惠: 華美黃毛貴妃雞, 每隻只售\$9.99, 優惠期至2月28日止

**Special Lunch Menu 特價午餐**  
From \$4.99 10:00am - 3:00pm  
Buy 4 Get 1 FREE 買四送一

**Happy Hour Menu 下午茶餐**  
3:00pm - 5:00pm  
Buy 3 Get 1 FREE 買三送一

**Dinner 晚餐**  
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巴東村牛腩 Baidong Village Beef Curry  
深井燒鵝 Sham Tseng Roasted Goose  
喜慶金豬 Roasted Pig

# Monterey Park Fire Department Hosting BBQ to Benefit Granite Mountain Hotshots Memorial

Proceeds from the March 15 event to fund monument to honor fallen firefighters



Granite Mountain Hotshots.

Last summer, nineteen members of the Granite Mountain Hotshots-part of the Prescott, Arizona Fire Department-lost their lives while battling the 2,000-acre Yarnell Hill Fire. This event resulted in the highest wildland firefighter death toll since 1933.

In an effort to remember the tremendous sacrifice of these firefighters, the Monterey Park Fire Department and the Monterey Park Firefighters Association will be holding a BBQ fundraiser in order to raise money to donate to the Granite Mountain Hotshots Monument.

The public is invited to attend the BBQ on March 15, 2014 at 12:00 p.m.

at Fire Station 61 next to city hall. For \$7.00, guests will enjoy their choice of a hamburger, cheeseburger or a hot dog; along with chips and a beverage. The event will also be selling raffle tickets for gifts to be raffled off the day of the BBQ. The entire proceeds from this event will be donated to the committee in charge of the development of the monument.

Tickets are available at Fire Station 61, 350 W. Newmark Avenue, Monterey Park, CA 91754. For more information on the event or the monument, please contact Captain Matt Hallock at mhallock@montereypark.ca.gov.

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## EMERGENCY ROOM

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**Grand Opening**



# Monterey Park Golf Club

## 蒙特利公園高爾夫俱樂部



### GOLF CLUB

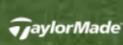
- Driving Range and Course
- 13 Teaching Professionals
- 61 Hitting Stalls with auto tee-up ball system
- 9 hole golf course
- Restaurant

Monday - Saturday 6:00am - 11:00pm  
Sunday 6:00 - 10:00pm

## 323-266-4632

### GOLF SHOP

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Monday - Friday 9:30am - 8:00pm  
Saturday 9:30am - 7:00pm  
Sunday 9:30am - 6:00pm

## 323-266-3600

3600 Ramona Blvd., Monterey Park CA 91754

# Conserving Water/ Preventing Stormwater Pollution

In honor of Monterey Park's upcoming Earth Day Festival on April 26 at Barnes Park, the city would like to remind residents that there are several ways to conserve water and prevent pollution while in your own home



For most of us, the instant availability of fresh, clean water is a given. Yet, water is not an infinite resource. Many of the daily activities that involve water may be overlooked; not only is water wasted, the environment is negatively impacted. Activities such as washing cars at home or over watering lawns can create excess water that flow down storm drains. This water that flows into the storm drain carries along pollutants and is not treated before entering the waterways. This is a reason that beaches are closed due to high bacteria levels.

A little change could mean a big difference: just a small adjustment in your daily routine may help conserve water and prevent stormwater pollution at the same time. For example...

**Home cleaning:**

- Sweep sidewalks and patios, instead of hosing them down. Not only does this behavior waste water, the runoff usually picks up pollutants on the ground and continues

to the nearby storm drain and creates stormwater pollution

- Properly dispose of household hazardous waste by recycling them. Visit [www.888cleanla.com](http://www.888cleanla.com) or call 1 (888) CLEAN LA for permanent recycling centers near you or upcoming temporary recycling events.

**Gardening:**

- Water the lawn, not the sidewalk: fix broken sprinklers to avoid water wasting and runoff
- Landscape with drought tolerant plants that require less water
- Water early in the morning or in the evening to limit evaporation. Adjust the irrigation schedule by using the water index at <http://www.saveourh2o.org>.

**Vehicle maintenance:**

- Inspect and maintain cars regularly to prevent/stop leaks
- Recycle used oil and filters. Visit [www.calrecycle.ca.gov/UsedOil/Reports/Center](http://www.calrecycle.ca.gov/UsedOil/Reports/Center) Search for recycling centers near you.

Contact the City of Monterey Park Public Works department for more information, 626-307-1320 or [PublicWorks@montereypark.ca.gov](mailto:PublicWorks@montereypark.ca.gov).

# Monterey Park Police Department Offers Resources to Help the Homeless

By Sergeant John Martindale, Monterey Park Police Department

Although it may not be readily apparent to those living in the city, Monterey Park, like most San Gabriel Valley cities does have a number of homeless people who live out on the streets. The Los Angeles Homeless Services Authority estimates that in 2011, there were 3,918 homeless people in the San Gabriel Valley. Although, Monterey Park does not have a very large population of homeless people living in the city, they are out there. According to the Institute for the Study of Homelessness and Poverty at the Weingart Center, an estimated 254,000 men, women and children experience homelessness in Los Angeles County during some part of the year and approximately 82,000 people are homeless on any given night.

As part of its commitment that homeless members of the community will receive the same level and quality of service provided to other members of the community, the Monterey Park Police Department has taken proactive steps toward helping those who find themselves without a home. In order to make the Police Department a resource to those who are seeking assistance, The Problem Oriented Policing Team has been tasked with heading up most issues involving the homeless.

The Problem Oriented Policing Team, which works out of the Monterey Park Police Department Community Relations Bureau, was created with the purpose of focusing on quality of life issues for residents in our community. As part of those duties, they often work with the homeless, in conjunction with residents, business owners, and other city departments and outside service providers to come to a resolution when issues are brought to their attention. Because an estimated 25% of homeless also have mental illness, police officers and civilian employees have received training from the Los Angeles County Department of Mental Health to better equip them with an understanding and resources to help those with mental illness. Through the Jail Bureau, a homeless resource guide was created and is provided to homeless persons at the police station or by officers in the field. This guide lists numerous resources such as homeless shelters, food banks, and medical services. If you have any homeless-related questions or would like additional information please contact Homeless Liaison Officer Danny Salazar at 626 307-1218 or any other member of the Community Relations Bureau at 626 307-1215.



## City of Monterey Park Earth Day Festival

Learn how to conserve energy, water and resources!




**Save the Date: April 26, 2014  
Earth Day 2014**

Learn how to live healthier and create a more sustainable Monterey Park!

In Partnership with Cherry Blossom Festival









**Accepting Enrollment!**



### City of Monterey Park Recreation and Community Services



## Barnes Park Extended Day Care

**Now Enrolling for Spring Break and Kidventure Summer Camp!!!**  
Ages 5-13 years  
(Open all year except holidays)  
Licensed Facility

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 is for the children to have an enjoyable and enriching experience in a positive and safe environment. **Serving the community for over 23 years!!**  
**(We accept all programs: DCPS, MAOF, GAIN, ELARC, & more!)**

Hours of Operation: 11:30 am - 7:00 pm Monday through Friday  
Spring and Summer 6:30 am - 7:00 pm Monday through Friday

**Fees per week**

- 10% off each additional child
- \$ 102.00 Resident
- 109.00 Non-Resident
- 124.00 Full Day Resident
- 131.00 Full Day Non-Resident (Breakfast is provided)

**Spring Break**

- Alhambra and Garvey School District March 17 - 21
- Montebello School District April 7-18 (2 weeks)
- LA School District April 14-18

**We Serve Healthy Snacks!**

**Daily Routine**

- Arts/Crafts
- Sports
- Homework Assistance
- Music/Dance
- Field Trips




**Summer will start Monday, June 2, 2014!**

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

# Council Action Review

## Regular Council Meeting of January 15, 2014

The City Council meeting was called to order at 7:02 p.m., with all Council Members present.

The City Manager reported that Item No. 7 was missing the Resolution in the Staff Report and was being given to Council at this times. There were also transposed language on the Agenda for Items No. 8 and 9, but the Staff Reports were correct.

**Presentations:** The City Manager presented the Strategic Plan update.

### SUCCESSOR AGENCY CONSENT CALENDAR

**Agenda Item 1** The City Council approved payment of warrants and adopted Resolution No. SA-58 of the Successor Agency to the former Monterey Park Redevelopment Agency allowing certain claims and demands per warrant register dated January 2, 2014 and **January 15, 2014 totaling \$6,245.76** and specifying the funds out of which the same are to be paid.

**Agenda Item 2** The City Council received and filed the Successor Agency's Investment Report of December 2013. Consent Calendar

**Agenda Item 3** The City Council approved payment of warrants and adopted Resolution No. 11624 allowing certain claims and demands per Warrant Register dated January 2, 2014 and **January 15, 2013 Totaling \$1,629,436.41** and specifying the funds out of which the same are to be paid.

**Agenda Item 4** The City Council received and filed the investment report as of December 2013.

**Agenda Item 5** The City Council authorized the City Manager to execute an agreement, in a form approved by the City Attorney, to license the West San Gabriel Valley Boys and Girls Club to utilize up to nine City of Monterey Park Civic

Center parking spaces for a period of two years, at the fee of \$100 per year.

**Agenda Item 6** The City Council authorized the City Manager to execute an agreement, in a form approved by the City Attorney, to extend the current lease rate of \$160 per month for two years, beginning February 1, 2014 between the City of Monterey Park and the Lions Club of Monterey Park along with White Cane Day, Inc.

**Agenda Item 7** The City Council adopted Resolution No. 11625 to solicit bids for the removal of the old dome and installation of the new dome at Garvey Ranch Park.

**Agenda Item 8** The City Council received and filed the City's 2012-13 Comprehensive Annual Financial Report.

**Agenda Item 9** The City Council authorized the City Manager to execute a Memoranda Of Agreement, in a form approved by the City Attorney, with the Gateway Council of Governments for the monitoring program for metals Total Maximum Daily Loads and appropriated \$3,264 for FY 2014 to participate in the Coordinating Monitoring Plan and an amount no more than a ten percent increase for the following years up to FY 2016 should the Agreement be extended.

### PUBLIC HEARING

**Agenda Item 10** The City Council continued the Public Hearing for the General Plan Amendment (GPA13-01) and Development Agreement (DA-13091) to construct a new six-unit affordable housing development project at 236 S. Ramona until February 5, 2014 to allow for additional time to conduct further research and gather information.

**Agenda Item 11** The City Council held the Public Hearing for the appeal of the Planning Commission's approval to allow a private middle school with extended child day care within an existing building located at 133 East Graves Avenue.

**Agenda Item 12** The City Council held the Public Hearing

and adopted Urgency Ordinance No. 2102 in reference to amending the 2013 California Codes. Council also introduced and waived the first reading of an Ordinance and scheduled a public hearing for February 5, 2014.

### COUNCIL COMMUNICATIONS AND MAYOR/COUNCIL AND AGENCY MATTER

The City Council adopted Resolution No. 11626 urging the Congress of the United States to issue at once a formal apology to the Chinese and Chinese-Americans for the Chinese exclusion act of 1882.

The City Council announced appointments to the Commissions, Committees, and Boards.

The City Council discussed Council activities for specific boards and committees.

*The Council meeting adjourned at 11:35 P.M.*

## Special Council Meeting of January 22, 2014

The City Council meeting was called to order at 6:40 p.m., with all Council Members present.

There were no Agenda additions, deletions, changes, and adoptions.

### NEW BUSINESS

**Agenda Item 1** The City Council reorganized and sworn in a new Mayor and Mayor Pro Tem.

*The Council meeting adjourned at 8:18 P.M.*

## Special Joint Council Meeting of January 28, 2014 Monterey Park City Council, Design Review Board, Economic Development Advisory Commission And Planning Commission

The City Council meeting was called to order at 6:05 p.m., with all Council Members present.

There were no Agenda additions, deletions, changes, and adoptions.

### NEW BUSINESS

**Agenda Item 1** Joint Workshop - The Monterey Park City Council, Design Review Board, Economic Development Advisory Commission And Planning Commission reviewed the following projects.

- Review Entitled Project: Status regarding the Market Place

and Towne Centre.

- Review Conceptual Hotel Projects: Brief description of the Courtyard Marriot, DoubleTree, and AG Hotel.
- North Atlantic Lighting & Signage Concept: Brief description of how additional lighting and illuminated signage have been used in other cities and how it may look in the north Atlantic area.
- City Yard/City Venture Project: A brief description of the scope of the housing project proposed for the city yard site.
- Mosaic Gardens (LINC Housing Project): A brief description of the proposed housing to be located at the northeast corner of Newmark and Ramona.
- Olson Company Project: A brief description of the project

proposed for Potrero Grande.

- Monterey Pass Road: A brief description of possible infrastructure improvements, as well as lot consolidation schemes for Monterey Pass Road.
- South Garfield Transportation Grant: Status
- Monterey Park Golf Course: An update on the progress of the construction of the golf course by the new operator.
- Next steps including direction on: Zone changes; Elections; and General Plan Updates.

*The Council meeting adjourned at 8:55 P.M.*

## Regular Council Meeting of February 5, 2014

The City Council meeting was called to order at 7:00 p.m., with all Council Members present.

There were no additions, deletions, changes or adoptions for the Agenda

**Presentations:** None.

### SUCCESSOR AGENCY CONSENT CALENDAR

**Agenda Item 1** The City Council approved payment of warrants and adopted Resolution No. SA-59 of the Successor Agency to the former Monterey Park Redevelopment Agency allowing certain claims and demands per warrant register dated February 5, 2014 totaling \$6,829.57 and specifying the funds out of which the same are to be paid.

**Agenda Item 2** The City Council approved the minutes for the regular meetings of December 4, 2013 and December 18, 2013.

### CONSENT CALENDAR

**Agenda Item 3** The City Council approved payment of warrants and adopted Resolution No. 11627 allowing certain claims and demands per Warrant Register dated February 5, 2014 Totaling \$1,691,330.79 and specifying the funds out of which the same are to be paid.

**Agenda Item 4** The City Council approved the minutes from the regular meetings of December 4, 2013 and December 18, 2013 and the special meetings of December 10, 2013, and December 18, 2013.

**Agenda Item 5** The City Council approved the Weed Abatement Declaration List; adopted Resolution No. 11628 as amended to add preventative measures to reduce the risk of fires on hillsides and slopes and declaring the City's intent to identify certain private property in the City to be public nuisances, and authorizing the city manager or designee to abate such nuisances.

**Agenda Item 6** The City Council adopted Resolution No. 11629 amending the reimbursement policies in accordance

with Government Code §§ 53232.2 and 53232.3 and approving a Council Member's attendance at the Water Education for Latino Leaders Conference. Staff was also directed to provide itemized costs summaries including registration, per diem, hotel room and any other costs after each conference for council to receive and file.

**Agenda Item 7** The City Council authorized staff to solicit proposals from qualified firms to provide construction management services for the Park Master Plan Capital Improvement Program and the Americans with Disabilities Access Program.

**Agenda Item 8** The City Council adopted Resolution No. 11630 authorizing the City to submit grant applications to CalRecycle's Used Oil Program as lead agency and authorized the City Manager, or designee, to execute all grant related documents, in a form approved by the City Attorney.

**Agenda Item 9** The City Council adopted Resolution No. 11631 finding that an emergency exists within the City; authorized contracting without the need for bidding pursuant to Public Contracts Code §§ 20168 and 22050; authorized the City Manager, or designee, to execute a public works contract, in a form approved by the City Attorney, with Mr Rooter; authorized the City Manager, or designee, to accept the repairs completed by Mr. Rooter and make final payment to Mr. Rooter in the amount of \$39,650.00; and authorized the Director of Public Works to record the Notice of Completion.

### PUBLIC HEARING

**Agenda Item 10** The City Council continued the Public Hearing for the General Plan Amendment (GPA13-01) and Development Agreement (DA-13091) to construct a new six-unit affordable housing development project at 236 S. Ramona for additional time to conduct further research and gather information. The public hearing will be re-noticed.

**Agenda Item 11** The City Council held the Public Hearing for Olson Urban Housing, LLC who is requesting approval for a General Plan Amendment at 2015 Potrero Grande Drive and introduced and waived the first reading of an

Ordinance approving the proposed General Plan Amendment and Specific Plan and certifying the Mitigated Negative Declaration. Council added conditions to the Ordinance that the applicant shall bear full costs for calling the election and to rename the plan as "2015 Potrero Grande Specific Plan." Council also directed staff to draft Election Resolutions for review on February 19, 2014.

The Mayor called recess at 10:00 PM and Council reconvened at 10:10 PM with all Council present.

A motion was approved to extend the Council Meeting to 11:30 P.M.

### NEW BUSINESS

**Agenda Item 12** The City Council received and filed the Midyear Review Report with approved budget adjustments for additional expenditures.

**Agenda Item 13** The City Council continued this item to the February 19, 2014 Council Meeting. The item is for Council to consider adopting a Resolution declaring real property located at 236 South Ramona Avenue; 321, 325, 341, and 371 East Pomona Boulevard; and 534 North Chandler Avenue to be surplus property and authorize the city manager to convey the real property in accordance with the applicable law.

Council Communications and Mayor/Council and Agency Matter

The City Council announced appointments to the Commissions, Committees, and Boards.

The City Council discussed Council activities for specific boards and committees.

*The Council meeting adjourned at 11:25 P.M.*

# MONTEREY PARK BRUGGEMEYER LIBRARY

318 S. Ramona Avenue, Monterey Park

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

Fridays 10 - 1 pm • Saturdays 10:00 am - 1:00 pm • Sundays 1 - 5 pm

## 247 PATRONS VISITED THE MONTEREY PARK BRUGGEMEYER LIBRARY ON THE FIRST SATURDAY REOPENING!

The Monterey Park Bruggemeyer Library opened its doors to the public on Saturday, February 1, 2014, reinstating a seven days a week schedule. 247 patrons, young and older, walked into the library pleased that library services would be available once again on Saturdays. To celebrate the grand reopening, the library served cake, orange and apple juice sponsored by the Friends of the Library to guests from 10:00 a.m. until noon outside its front doors. Patrons were very appreciative of the reopening of seven days and expressed how happy they were to be able to visit their library on Saturdays again. February 1 was National "Bring your Child to the Library Day!" and the Monterey Park Bruggemeyer Library saw its share of many young families in the Children's Department enjoying the library and selecting books to check out on this very special day.

## LAMP LITERACY AND ESL CLASSES

The literacy program has every level of ESL classes available to help adult Second Language Learners gain reading, writing and speaking skills in English. Students are pre-tested to determine their proficiency levels in Basic English skills and to assist in placement of appropriate levels. ESL classes available are: Phonics on Tuesdays from 5:30 to 6:30, Beginning Literacy on Tuesdays / Thursdays 12:00 - 2:00 p.m., Beginning Low on Mondays 6:00 - 7:30 p.m., Beginning High on Mondays and Wednesdays from 12:00 - 1:30 p.m., Intermediate Low on Tuesdays, Wednesdays and Thursdays from 1:00 - 3:00 p.m., Intermediate High on Tuesday evenings 7:00 - 8:30 p.m., Advanced ESL on Mondays/Tuesdays/Wednesdays 3:00 - 5:00 p.m. and English Conversation on Saturdays from 10:00 a.m. to 12:00 p.m., and on Sundays 1:00 - 3:00 p.m. A new Conversation class will open on Saturdays, March 1 from 10:00 to 11:30 a.m. All classes are open enrollment and anyone interested in joining a class can come by the LAMP Literacy office located on the second floor of the library for more information and to register. A material fee of \$20.00 for English Workbooks is required for each class per each semester. Students who register for classes that no longer have space available will be placed on a waiting list.

## CITIZENSHIP PREPARATION CLASSES

Citizenship Preparation classes are available at the Monterey Park Bruggemeyer Library. Persons who plan on becoming New Citizens should prepare for their Interview exam by enrolling in classes within six months prior to submitting their N-400 application. Citizenship Preparation classes will assist students with knowledge of American History, Government and Civics covered during the examination. Intermediate ESL levels are preferred to pass the Naturalization Exam. Pre Citizenship Classes are offered on Sundays from 1:00 - 3:00 p.m., Mondays from 6:00 p.m. - 8:00 p.m., and Wednesdays from 10:00 a.m. - 11:30 a.m. Permanent residents planning to become New Citizens should register early for these classes before submitting their N-400 Citizenship application. A material fee of \$20.00 is required for each semester. For more information, please contact the LAMP Literacy Office at (626) 307-1251.

## ONE TO ONE TUTORING FOR ADULT LITERACY

If you know an adult learner who cannot read or struggles in reading, call the LAMP Literacy Program. Adult learners are matched with trained literacy tutors who will give reading and writing instruction in English to adult learners who have little or no reading skills. All learners are pre-tested for accurate placement with tutors. Enrollment for the one to one literacy program is free and funded by California State Library Literacy Services (CLLS). Monterey Park residents are given priority on all waiting lists. Please be prepared to present proof of residence. Please call the LAMP office for more information at (626) 307-1251 or visit the literacy office on the second floor of the library. No material fee is required for one to one tutoring sessions.

## JOIN THE LAMP TEAM OF VOLUNTEERS!

The LAMP Literacy Office is looking for motivated people who are interested in tutoring adult learners in one-to-one English Language Instruction, or small groups of adult learners. The LAMP Literacy Program will provide tutoring training skills and will also supply all needed training materials at no cost to the tutor. Please contact the LAMP Literacy Office at (626) 307-1251 for more information or stop by and fill out an application. Give the gift that will last a lifetime by helping someone learn English so they can flourish and prosper in their communities.

## FRIENDS OF THE LIBRARY BOOKSTORE

The Friends of the Library operates a used bookstore located at the east entrance to the library. The store is staffed by volunteers and is generally open during Library hours. The store carries a variety of books, from novels to biographies and current affairs as well as books for teens and young children. There are also a number of popular magazines available including several issues of National Geographic. In addition, there are CDs and DVDs for sale.

The Bookstore prices are as follows: Hard copies - \$2.00; paperbacks and large magazines - \$0.50; teen and young children's books - \$0.25 and \$0.10; magazines - \$0.10 and \$1.00 for CDs and DVDs. All contributions from the bookstore sales go to support various library programs and activities, many of them for teens and young children.

The Bookstore is always looking for volunteers. If you are interested, please fill out an application available in the bookstore or online at <http://ci.monterey-park.ca.us/index.aspx?page=2015>.

## DR. SEUSS CHILDREN'S PROGRAM



To celebrate the birthday of beloved children's author Theodore Geisel - also known as Dr. Seuss -- the Children's Services Department will host a special Dr. Seuss program in the Friends Room on Monday, March 3 at 3:00 p.m.

Dr. Seuss was born on March 2, 1904, in Springfield Massachusetts. During his long career, he wrote and illustrated 44 children's books including *The Cat in the Hat* and *Green Eggs and Ham* which have sold more than 200 million copies worldwide. Dr. Seuss died in September 1991 at the age of 87.

The library event is part of the National Education Association's "Read Across America" celebration which is held annually on Dr. Seuss' birthday to motivate children to read and to stress the difference a caring adult can make by reading with a child.

The program will start with a short film based on Dr. Seuss' books. At the end of the program, all attendees are invited to enjoy a piece of birthday cake to celebrate the birthday of this special man who has made so many children smile. For more details, please call the Children's Desk at (626) 307-1358.

## ST. PATRICK'S DAY PRESCHOOL PROGRAM



On Thursday, March 13, the Children's Services Department will hold a special St. Patrick's Day preschool storytime/craft program at 10:30 a.m. in the Storytime Room. Preschool children are invited to participate in a "Leprechaun Hat" paper craft program in the Arts and Crafts Room after the storytime. Craft materials will be provided free for the first twenty preschoolers. For more information, please call the Children's Desk at (626) 307-1358.

## BOOK DISCUSSION PROGRAM FOR TWEENS

On Thursday, March 20 at 3:00 p.m. in the Friends Room, the Children's Services Department will host a Book Discussion program for children ages 9-12. Participating tweens will receive a free copy of a popular tween book at the end of the program. Light refreshments and drinks are

provided by the Friends of the Monterey Park Library. For more information, please call the Children's Desk at (626) 307-1358.

## HOMEWORK ASSISTANCE PROGRAM

The library offers a free Homework Assistance Program for elementary school children who need help with their homework while studying at the library during the school year. Local high school students conduct the Homework Assistance Program by volunteering their time and expertise on school subjects such as English, mathematics and science. The program is held in the Arts and Crafts Room Mondays through Thursdays from 3:30-5:00 pm. Please call the Children's Desk at (626) 307-1358 for more information.

## STORYTIMES

Children are invited to participate in the library's storytime programs in the Storytime Room on the following days:

Tuesdays	7:30 pm
Wednesdays	4:00 pm
Thursdays	10:00 am for infants
(one parent or caregiver per child is required)	
Thursdays	10:30 am for preschoolers

Each storytime lasts about 30 minutes. For safety, children need to be accompanied by an adult/guardian during all storytime programs. For further information, please call the Children's Desk at (626) 307-1358.

## MONDAY NIGHT BASIC COMPUTER CLASSES IN CANTONESE

Monday night computer classes in Cantonese are scheduled on March 3, 10, 17 and 24 at 7 pm in the computer lab located on the second floor of the library. Space is limited and registration is required for the free classes. Adults wanting to learn basic computer skills that include mouse, keyboard, Microsoft Word and the Internet are encouraged to register for the free classes at the Reference Desk or by calling (626) 307-1368.

## TUESDAY NIGHT OPEN COMPUTER LAB

Adults wanting to practice and learn new computer skills can join the Open Computer Lab in March on Tuesdays from 7 to 8:30 pm. The lab introduces intermediate computer skills, offers practice time and personalized help with E-mail, Microsoft Word, Excel and the Internet. A library staff member is present to answer questions. No registration is required for the class but seating is limited to a first-come, first-serve basis. For more information contact the Reference Desk at (626) 307-1368.

## THURSDAY MORNING BEGINNING COMPUTER CLASSES IN ENGLISH

Beginning Computer Classes in English are scheduled on March 6, 13, 20, and 27 from 10:30 am to 12 noon in the computer lab. Adults wanting to learn basic computer skills that include mouse, keyboard, Microsoft Word and the Internet are encouraged to register for the free classes at the Reference Desk or by calling (626) 307-1368.

## JOIN THE LIBRARY TEAM OF COMPUTER VOLUNTEER INSTRUCTORS

The library is looking for volunteers to teach computer classes, basic, intermediate, or advanced during the day or evening. Please call the Reference Desk at (626) 307-1368 for additional information if you are interested in becoming a volunteer.

## INTERNATIONAL FILM PROGRAMS

The public is invited to the library's special film screenings featuring award winning films. The International Film Program is scheduled on Wednesday, March 19 at 2 pm in the Friends Room. The program is free with light refreshments compliments of the Friends of the Monterey Park Library. For additional information contact the Reference Desk at (626) 307-1368.

Continued on Page 8

**HISTORY PROGRAM**

**SUN YAT-SEN'S LINK TO HAWAII AND WORLD HISTORY**

Local historian and author, Robert K.H. Cup Choy presents the second in a series of history programs on Dr. Sun Yat-Sen on Sunday, March 9 at 2 pm in the Friends Room. The program includes a video and discussion focusing on the role and influence of Chinese Hawaiians during the years Dr. Sun Yat-Sen organized his family and friends in Hawaii to support the 1911 revolution against the Qing dynasty. For more information about the free program contact the Reference Desk at (626) 307-1368.

**MIDWEEK MOVIE @ THE LIBRARY**

The library showcases a new to DVD released movie on the first Wednesday of each month at 3:30 pm in the Friends Room. On Wednesday, March 5, a sci-fi action film tells the story of Ender Wiggin, a shy but brilliant student recruited to train in an elite battle school to fight an alien race set on destroying Earth. The movie is rated PG-13 and the run time is 114 minutes. For more information about the free film program contact the Reference Desk at (626) 307-1368.

**JF PROGRAMS**

**FUN PROGRAMS BY YOUTH FOR YOUTH**

The Junior Friends, a library teen volunteer organization hosts a program each month to serve the youth at the Monterey Park Bruggemeyer Library. On Wednesday, March 12, the Junior Friends will host a special St. Patrick's Day program in the Friends Room at 3:30 pm. Think green split pea soup, green eggs and spam, green creepy crawlies. All brave teens are welcome to compete, all are welcome to watch. Food and prizes are sponsored by the Friends of the Monterey Park Library.

**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. The club meets on the fourth Wednesday of every month and invites new members to join the group on Wednesday, March 26 from 3:30 -5:30 pm in the Friends Room.

**TEEN TECH WEEK PROGRAM**

Teen Tech Week celebrated in March is a national initiative sponsored by the Young Adult Library Services Association and is aimed at teens, their parents, educators and other concerned adults. The purpose of the

initiative is to ensure that teens gain the digital literacy skills they need—with the help of libraries—in order to be successful in school and prepared to participate in a 21st century workforce. The library will host a special program on technology for teens on Wednesday, March 19 at 3:30 pm in the Computer Lab. All teens are welcome. For more information about the free program contact the Reference Desk at (626) 307-1368.

**MONTEREY PARK LIBRARY FOUNDATION PRESENTS A TRIBUTE TO THE WOMEN OF MONTEREY PARK**

SAVE THE DATE--The Monterey Park Library Foundation will present, "A Tribute to the Women of Monterey Park," a fundraising dinner on Friday, June 6, 2014 at Ocean Star Restaurant. The annual Foundation event will honor local Monterey Park women by recognizing community leaders in education, business, government, community services and the arts. Nominations will be taken for notable women in these five categories. One winner in each category will be announced in the May 2014 issue of Cascades and honored at the dinner. The event will help to raise money for the library. For more information, please call (626) 307-1269.

**MONTEREY PARK CRIMES BY LOCATION**  
*Addresses are identified by block number, not exact address.*

**January**

**AUTO BURGLARY**

- 500 EVERETT AVE
- 400 EL MERCADO AVE
- 3500 RAMONA BLVD
- 900 S ATLANTIC BLVD
- 300 POMELO AVE
- 200 BARRANCA DR
- 400 E HELLMAN AVE
- 900 S ATLANTIC BLVD

**AUTO THEFT**

- 400 N MC PHERRIN AVE
- 400 N NICHOLSON AVE
- 500 N NICHOLSON AVE
- 300 W FLORAL DR
- 200 W FERNFIELD DR
- 300 N ATLANTIC BLVD
- 2100 S ATLANTIC BLVD
- 2100 FINDLAY AVE
- 1400 COLLEGE VIEW DR
- 2200 S ATLANTIC BLVD
- 300 S CHANDLER AVE
- 100 E GRAVES AVE

**BURGLARY COMMERCIAL**

- 400 W ARLIGHT ST
- 500 N ATLANTIC BLVD
- 100 W GARVEY AVE
- 500 W GARVEY AVE
- 400 S ATLANTIC BLVD
- 800 E GARVEY AVE
- 600 MONTEREY PASS RD

**BURGLARY RESIDENTIAL**

- 100 E GRAVES AVE
- 1400 ROLLING HILL DR
- 1500 ROCK VIEW ST
- 1100 RIDGECREST ST
- 1100 GRANDRIDGE AVE
- 2200 BRIGHTWOOD ST
- 2100 GRANDRIDGE AVE
- 500 W GLEASON ST
- 500 POTRERO GRANDE DR
- 400 BRIGHTWOOD ST
- 1800 LUY ST
- 1400 PEBBLEDON ST
- 200 E RIGGIN ST
- 300 N CHANDLER AVE
- 500 S ORANGE AVE
- 600 W RIGGIN ST
- 2300 SCHOOLSIDE AVE
- 200 N SIERRA VISTA ST
- 600 S GARFIELD AVE
- 2000 HEATHER DR
- 700 S YNEZ AVE
- 300 E RIGGIN ST
- 800 VIA VENTI

**ROBBERY**

- W POMONA BLVD / GERHART AVE
- 400 E GARVEY AVE
- 2200 S GARFIELD AVE
- 500 N NICHOLSON AVE
- 400 S ATLANTIC BLVD
- 2200 S GARFIELD AVE

**ROBBERY STRONG**

- W HELLMAN AVE / N MC PHERRIN AVE



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

# Tiny Tots

*Spaces are Limited!*

**Pre-K Program**  
Ages 3 to 5  
(Must be potty trained)



Our Tiny Tots Pre-K Program provides emotional, physical and educational growth development in a friendly, nurturing and safe learning environment! Our carefully planned programs focus on introduction and practice of early reading skills, socialization, communication and self-esteem and exploration and creation through hands-on activities. The activities presented throughout the program focus on particular themes, introduction of various concepts and include many subject areas: reading, social skills, math, science, and large and fine motor skills.

Themes within our curriculum include the following:

- Family Traditions
- Weather
- Holidays
- Science
- Seasons
- All about Me

....and so much more!!




**Winter Session**  
Cycle 2 February 3 – February 28

**Spring Session**  
Cycle 1 March 3 – March 28  
Cycle 2 March 31 – May 2  
Cycle 3 May 5 – May 30

**Tuition Fee**  
\$ 140.00 per  
**Hours**  
9:30 a.m. - 12:00 p.m. Monday-Thursday  
10:00 a.m. - 12:00 p.m. Friday

**City of Monterey Park**  
Register at 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

# LANGLEY SENIOR CENTER

400 W. EMERSON AVENUE MONTEREY PARK

(626) 307-1395

Open Monday – Friday From 8:00 a.m. – 5:00 p.m.  
FOR ALL ACTIVITIES

CLOSED SATURDAY and SUNDAY  
EXCEPT FOR FEE BASED ACTIVITIES

## Special Dates To Remember...

MARCH 3 - Dr Lung Chang – Eye Clinic  
MARCH 10 - Mature Driving Class  
MARCH 17 - Commission On Aging, 11:00 A.m.  
MARCH 23 - Club Amistad Dance

## ACTIVITIES, CLASSES AND SERVICES

**BINGO** – Every Friday from 12:30 P.M. - 4:00 P.M. 1st and 3rd Friday of the month Bingo is conducted by Monterey Park Friends of the Seniors. 2nd and 4th Friday of the month conducted by Monterey Park Senior Citizen Club. 5th Friday of the month is on rotation of both groups. Everyone over 18 years of age is invited to play. No children are allowed. Doors open at 10:30 A.M.

**BINGO** - On the 1st, 2nd, 3rd and 5th Sunday of the month. Conducted by Monterey Park Friends of the Seniors. Door open at 10:30 A.M.

**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. Those who play 500 also welcome new players. All seniors are invited

**DANCE EVERY TUESDAY**, 1:00 P.M. – 3:30 P.M., Dance to live music performed by Gary and Eric (the Incredible Time Machine) Refreshments, \$2.50

**HAIRCUTS** - First come, first served. Wednesdays and Fridays, 8:00 a.m. - 11:00 a.m. Barber: Robert Delgadillo Suggested donation, \$5.00. Beautician, Martha Pineda, Suggested donation, \$6.00

(The donation maintains equipment and purchases barber supplies.)

### JEWELRY AND WATCH REPAIR

Wednesday, 8:00 a.m. -11:00 a.m. for repair or estimate. Service provided by Kit Moc. Langley Senior Center does not warrant or guarantee any aspect of any repair.

**LUNCH PROGRAM** – American or Chinese Hot Lunch served Monday thru Friday to those 60 years and over. Reservations must be made in advance in person. Limited number of lunches. Suggested donation \$2.00.

**MAH JONG** - 12:00 p.m. – 4:30 p.m., Monday through Friday.

**HOUSING RIGHTS CENTER** - Walk-In-Fair Housing Clinic - March 4, 1:00 P.M. (1st Tuesday of month), no appointment needed for a free consultation with a housing counselor for persons needing assistance related to landlord/tenant laws. Landlord/tenant counseling, discrimination complaint investigation and fair housing without discrimination based on race, color, religion, gender, sexual orientation, national origin, familial status, marital status, disability, ancestry, age, source of income or other characteristics protected by law. For information, call 1-800-477-5977.

### HEALTH SCREENING & RELATED SERVICES:

**BLOOD SUGAR/GLUCOSE SCREENINGS** – (1st Tuesday) March 4 8:30 A.M.-10:30 A.M., Provided by HealthCare Partners, Olga Reyes and Celia Valenzuela.

**BLOOD PRESSURE BLOOD SUGAR/GLUCOSE SCREENINGS CLINIC** – March 11, Tuesday, 8:30 A.M.-10:30 A.M., Provided by Garfield Medical Center staff.

**FOR LOAN** - Senior residents of Monterey Park may check out a wheelchair or walker for a limited time.

**INFORMATION AND REFERRAL** - Please Call 211 for services available throughout L.A. County.

**IN-HOME REGISTRY SERVICE** - Service can provide you with names of individuals who can work in your home offering a variety of skills. Our registry includes: LVNS for skilled nursing care, Certified Nurse Assistants for personal care needs such as feeding, bedside care, bathing, etc.; Homemakers/companions – for housework, meals, laundry, errands, plumbers, electricians, handymen, gardeners. Payment for the work performed is determined between the worker and you. If you reside in Monterey Park and are 60 or over and need this type of in-home care, please call (626) 307-1373. Applications for work are available.

**NOTARY** - Virginia Greene, a Notary Public, Wednesdays, 12 Noon – 2:00 P.M. Notarizations \$8.00 per signature for Langley Center Seniors; Refinance Loan Documents, \$45 per set, Sale Loan docs - \$50.00 per set, 2 sets refinances docs – 1st set \$45, \$30 second set, (must be 2 loans for same property), 2 sets of sale loan docs - \$50 1st set, \$45 second set (must be 2 loans for same property); Subscribing witness forms - \$10; Custodial documents forms \$10.

## TRANSPORTATION

### DIAL-A-RIDE

Service available Monday through Friday, 8:30 A.M.– 4:00 P.M., call (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. Dial-A-Ride provides two shopping tours a month to Town Center, Montebello or Wall-Mart, from 12:00 Noon -2:30 P.M.

### MATURE DRIVER'S IMPROVEMENT

Class held from 8:00 A.M. – 5:00 P.M. Register for the MARCH 10 class. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums for bodily injury and property damage liability for up to three years with participating insurance companies. \$1.00 FEE includes State Certificate of Completion. For information call (626) 307-1395. Each senior must register in person with a valid California Driver's License.

### METRO "TAP CARD"

Renewal is offered from the 25th of the month through the 10th of next month, Mon. – Fri., 9:00 A.M. – 4:00 P.M. 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 \$14 for non-residents or \$11 for Monterey Park residents.

### TAXI COUPONS

Issued monthly from 1st Monday of the month, availability on a first come, first served basis - to qualified senior residents, 65 years and older, whose household income meets the L. A. County poverty guidelines (\$11,170 per year for one member, \$15,130 for two, \$19,090 for three or \$23,050 for four), are allowed 2 coupons a month, value of each coupon is \$11.00 and only valid for the month issued.

## SENIOR CLASSES – FREE

**AMERICAN CULTURE** - Intermediate Explore American life and language. Paul Cheng, Instructor

12 Weeks: March 16, 2014 – May 29, 2014  
4301.401 Thursday 1:00 P.M.– 3:00 P.M.

### BEADING CLASS

Come create one-of-a-kind designs under the direction of a talented designer. Pay for materials used.

Francis Lau, Instructor

12 Weeks March 16, 2014 – May 26, 2014  
4501.401 Monday 9:00A.M.-11:00A.M.

### CHINESE HEALTH EXERCISE

Easy movement health exercise class early in the morning in the main room.

Mary Tam, Instructor

12 Weeks March 16, 2014 – May 27, 2014  
4201.401 Monday-Friday 7:00 A.M. – 8:00 A.M.

### CHINESE PAINTING II & CALLIGRAPHY

Learn Chinese painting - one of the oldest traditions in the world; \$25 materials fee.

Calligraphy - the writing of characters is an art form developed over many centuries in China.

Yu Zhou So, Painting Instructor

Louie Valdivia, Calligraphy Instructor  
12 Weeks March 16, 2014 – May 29, 2014  
4504.401 Thursday 9:30A.M.-12:00 Noon

### ENGLISH CONVERSATION

Refine your English language skills in conversation with other students.

Betty Cheng, Instructor

12 Weeks March 16, 2014 – May 29, 2014  
4303.401 Thursday 9:15 A.M.-11:30 A.M.

### GARDEN GROUP CLASS

Learn tips for gardening to make your garden look wonderful. For further information, contact Suzie Juarez at (626) 695-8059.

3 Mondays – March 24, April 28 and May 19  
4811.401 Mondays 1:00 p.m.

### KARAOKE

Sing your favorite song or belt out your best ballad in this group setting.

Betty Cheng, Instructor

12 Weeks March 16, 2014 – May 27, 2014  
4701.401 Tuesday 9:00 A.M. – 12 Noon

### NEEDLECRAFT CLASS

Sew or knit with friends in the warm atmosphere of learning new skills or sharing your designs.

Francis Lau, Instructor

12 Weeks March 16, 2014 – May 26, 2014  
4505.401 Tuesday 9:00A.M.-11:00A.M.

### LINE DANCING

Alice Tsao, Instructors

12 Weeks March 16, 2014 – May 27, 2014  
4406.401 Monday and Tuesday 10:00 A.M. – 11:00 A.M.

### LINE DANCING

Beginning level. Sandra Lin and Alice Hao, Instructors

12 Weeks March 16, 2014 – May 30, 2014  
4407.401 Friday 8:45 A.M. – 10:30 A.M.

### LINE DANCING

Intermediate/advance

Wilson Ng, Instructors

12 Weeks March 16, 2014 – May 30, 2014  
4408.401 Friday 9:00 A.M. – 10:30 A.M.

### YUAN CHI DANCE/TAI CHI EXERCISE

Sandra Lin, Alice Tsao,

and Rosa Yee, Instructors

12 Weeks March 16, 2014 – May 29, 2014  
4202.401 Monday – Tuesday 8:00 A.M.

– 10:00 A.M.  
Wednesday – Thursday 8:00 A.M. – 10:30 A.M.

### FRIENDSHIP CHORUS

Prof. Ping Qiao, Instructor

12 Weeks March 16, 2014 – May 28, 2014  
4703.401 Wednesday 9:30 A.M. – 12:00 Noon

### CHINESE EVERGREEN CHORUS

Delly Chow, Instructor

12 Weeks March 16, 2014 – May 28, 2014  
4704.401 Wednesday 1:00 P.M. – 3:00 P.M.

### CHINESE OPERA

Fuller Chen, Instructor

12 Weeks March 16, 2014 – May 26, 2014

4705.401 Monday 9:00 A.M. – 12 Noon

### CHINESE OPERA

C.L. Shen, Instructor

12 Weeks March 16, 2014 – May 30, 2014  
4706.401 Friday 9:00 A.M. – 12 Noon

## SENIOR CLASSES – FEE BASED

### BALLROOM DANCE CLASS

Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals and ballroom classic style.

Glenn Yata, Instructor

12 Weeks: March 18, 2014 – June 6, 2014  
Fee: \$5.00 per lesson

4403.401 Wednesday and Friday 7:00 P.M. – 10:00 P.M.

### COMPUTER CLASS

Learn the basics of the computer at this beginner level class.

Dr. Charles Mau, Instructor

6 Weeks: March 4, 2014 – April 8, 2014

FEE: \$15.00 Seniors 50 yrs and Up - Beginning  
4402.401 Tuesday 9:00A.M.– 11:30 A.M.

### GOLF - 4 SENIOR'S

Learn the basics of golf - putt, chi, pitch, sand, full swing. Experience the fun of playing on the golf course, under the guidance of a PGA member. 12 hours of instructions, average of cost is \$100 per hour for private lessons. Instructor provides golf clubs. Students are responsible for the purchase of range balls at each class.

Kevin Norwall, PGA PRO Instructor

Monterey Park Golf Course,  
5 Week: March 4, 2014 – April 1, 2014

Fee: \$100.00 Seniors 50 yrs and Up  
4602.410 Tues & Thurs 9:00 A.M. - 10:00 A.M.

### MEMORY MAKERS FITNESS

Includes Yuan Chi Dance, Line Dance and Tai Chi Exercises

Sandra Lin, Alice Tsao, and Rosa Yee

12 Weeks March 22, 2014 – May 31, 2014

Fee: \$10.00 per quarter  
4401.401 Saturday 9:00 A.M. – 10:00 A.M.

### TABLE TENNIS,

### BILLIARDS AND EXERCISE

Come early and play or exercise at Langley Center. Only participants that have paid activity fees may participate or occupy the rooms during the posted times. Doors open for regular activities at 8:00 A.M., Monday – Friday. No open play on Saturday or Sunday  
9 WEEKS: APRIL 7, 2014 – JUNE 6, 2014

FEE: \$27.00 Seniors 50 yrs and Up  
4602.401 Monday – Friday 6:00A.M.– 8:00 A.M.

9 Weeks: April 12, 2014 – June 7, 2014

FEE: \$18.00 Seniors 50 yrs and Up  
4602.402 Saturday 8:00A.M.– 12:00 Noon

### TENNIS - SENIOR PROGRAM

A tennis program designed for seniors of all levels. Students are required to bring 2 cans of tennis balls with them to the first class. Students must verify holiday make -ups with instructor

Victor Wong, Barnes Park Tennis Courts

9 Weeks: March 18, 2014 – May 15, 2014

Fee: \$45.00 Seniors 50 yrs and Up  
4603.401 Tues & Thurs 10:00 A.M.-12 Noon

### CHAIR FITNESS FOR OLDER ADULTS

Aerobic movement, range of motion exercises, strength training, stretching all performed in a seated position Perfect for students with balance or mobility issues and those recovering from illness or injury. Light hand weights and resistance bands are used in each class.

Sonja Holladay

10 Weeks: March 18, 2014 – May 21, 2014

Fees: \$52.00 50yrs & Up

Continued from Page 10

4215.401 Tuesday & Thursday 1:30 P.M. to 2:30 P.M.

Fees: \$28.00 50yrs & Up

4215.402 Thursday 1:30 P.M. to 2:30 P.M.

TOTAL FITNESS FOR SENIORS

Heart healthy low impact aerobics, strength training and Flexibility all wrapped up into one class! Light hand weights (2lbs-5lbs) and resistance bands are used in each class. Floor mat also required for Intermediate and Advance levels. Students must verify any holiday make-ups with instructor.

Sonja Holladay

10 Weeks: March 17, 2014 – May 21, 2014

Fees: \$32.00 (1-day class) 50yrs & Up

\$58.00 (2-day class)

4215.403 Beginner

Mon & Wed 1:00 P.M. to 2:30 P.M.

4215.404 Inter/Adv

Mon & Thu 2:45 P.M. to 4:15 P.M.

4215.405 Inter/Adv

Tuesday 2:45 P.M. to 4:15 P.M.

ZUMBA GOLD

Dress to sweat in this low impact, easy to follow, Latin-Inspired dance fitness party that keeps you in a groove for life. Some of the dance styles include: merengue and salsa. Instructor is ZUMBA and ZUMBA Gold licensed.

Sonja Holladay

10 Weeks: March 18, 2014 – May 20, 2014

Fees: \$32.00 50yrs & Up

4215.406 Tuesday 12:15 P.M. to 1:15 P.M.

SENIOR CITIZEN TRIPS & TOURS

TOUR DESK IS OPEN FROM 9:00 A.M. – 3:00 P.M. • MONDAY - FRIDAY Trips and tours are for senior citizens 50 years and

older only, no exceptions. Trips are limited and are on a first pay basis. All casino dividends are subject to change. Monterey Park's Recreation and Community Services Department acts only as an agent in putting together day and extended trip packages and does not assume any liability for illness, injury, damages, loss, accident, or delay due to any act or default of any company or person involved in the trip, nor can we be held responsible for changes made by the tour operator or hotels. CANCELLATIONS: To receive a refund, if you must cancel a trip, mail or bring your ticket to the office. (Day Trips: at least five working days prior to date of trip; Overnight Trips: at least 14 working days prior to departure date; Extended Excursions: as stipulated for specific tour).

CABAZON OUTLET STORES #4103.401 MONDAY, MARCH 10, 2014

Find impressive savings at premium stores. Clothing, shoes, home furnishings, housewares, gift and specialty items, and a variety of food choices. Trip includes shopping and Driver's tip. Depart at 8:30 a.m. and return at approximately 6:00 p.m., COST: \$7.00 Per person, PLUS \$1.00 DRIVER'S TIP.

SAN MANUEL CASINO #4104.401 APRIL 10, 2014

Gambler's get-away- Delight! – \$7.00 Per person, PLUS \$1.00 DRIVER'S TIP. \$10.00 Players choice. Must have Player's Card # and original valid State driver's license, or original State Senior ID or valid current government issued photo ID at time of registration. Check in 7:45 a.m., Depart 8:30 a.m. – return at approximately 4:00 p.m.

LAUGHLIN, NEVADA #4105.401 MAY 6 - 8

Celebrate Springtime on the Colorado River!

\$95.00 per person, \$120.00 single person in room. Depart Tuesday, May 6 at 8:00 a.m. and return on Thursday, May 8 at approximately 5:00 p.m. This beautiful river tour includes: Drivers tip, two breakfasts and one meal optional, round trip transportation, three days and two nights stay at the Riverside Resort Hotel and Casino, and luggage handling. An oasis bordered by rugged desert and the Colorado River, Laughlin welcomes visitors year round. The Riverside Resort Hotel and Casino is situated next to the Colorado River.

ZION NATIONAL PARK TOUR #4106.401 JUNE 6 - JUNE 8

Friday - Sunday - 3 days 2 nights weekend tour

\$319.50 per person, \$399.50 single person in room. \$100 deposit, final payment is due MAY 16, 2014.

This exciting Zion National Park weekend tour will include two nights lodging in picturesque Mesquite, Nevada (located 70 miles north of Las Vegas), at the Casa Blanca Resort Hotel and Casino, a full day of extensive sightseeing in majestic Zion National Park, and even a stop in Las Vegas along the Strip en route home.

AMTRAK GETAWAY #4107.401 JUNE 23 - 27

AMTRAK'S SURFLINER and CALIFORNIA ZEPHYR

\$689 per person, \$899 single person in room. \$200 deposit, final payment is due MAY 19, 2014. Our most popular summer tour! Highlights include 4 nights deluxe accommodations, "All Aboard Amtrak" from Glendale to Santa Barbara, Fisherman's Wharf in Monterey (overnight), Roaring Camp Train Ride in Felton, self guided tour of State Capital in Sacramento (overnight), Old Town Sacramento, California Zephyr from

Sacramento to Truckee via the Donner Pass. Tahoe's north shore, picturesque Lake Tahoe, (2 nights at Harvey's Hotel and Casino). You will venture home by way of Highway 395. (Note: there are a limited number of private day rooms, for two with large picture windows and luncheon in the dining car. which include refreshments, for an additional \$70 per person.)

YELLOWSTONE AND MT. RUSHMORE #4108.401

JULY 16 - JULY 23

8 days including airfare. \$1699 per person, \$2169 single person in room. \$300 booking deposit. Includes deluxe continental breakfast daily, Highlights are round-trip airfare flights to Salt Lake City and overnight accommodations in Montpelier, Idaho; Jackson, Wyoming; West Yellowstone, Montana; Cody, Wyoming, Custer, So. Dakota (2 nights) and Rawlins, Wyoming. Tour includes: Grand Teton National Park, Jackson Lake Lodge, Yellowstone National Park, Big Horn Mountains, Black Hills/Mt. Rushmore National Memorial) includes Monument Lightening Ceremony), and Custer State Park.

EASTERN CANADIAN/FALL FOLIAGE #4109.401

SEPTEMBER 23 - OCTOBER 1

Nine delightful days of beautiful fall foliage for \$1999 per person, \$2499 single person in room. Airfare included! Come see the beautiful fall colors as we experience Niagara Falls, Toronto, Ottawa, Montreal, Quebec, Vermont, New Hampshire, Franconia Notch and Boston. Maid-of-the Mist cruise, St. Lawrence River cruise, mini tour of Niagara Falls, city tours of Toronto, Ottawa, Montreal, Quebec and Boston. Valid Passport required (non-United States citizens will need a visa too)!

Free Community Lecture in Spanish and Free Blood Draw for Cholesterol and Glucose Screening

Topic: Heart Disease and Treatment

Time: Saturday, March 8, 2014 at 8:30am

(12 hour fast required if you wish to receive the free blood draw, breakfast provided afterwards)

Address: Garfield Medical Center In-Service class rooms 605 N. Garfield Ave. Second Floor Monterey Park, CA 91754



Speaker: Jorge A. Pena M.D. Cardiology/Internal Medicine

Registration Required: Due to limited seating, please call hot line 626-307-6060 leave a message to register. Our staff will call you back to confirm your seats.

Sponsored by: AHMC Health Foundation

"Enhancing the Health and Wellbeing of our Communities"

# A Guide to the Night Sky for March

By Tre Gibbs, Los Angeles Astronomical Society



- the sun rises exactly due east. That same day if you watch the sunset, you'll notice that the Sun will set exactly due west. While the position of the Sun along the horizon is relatively interesting, the greater lesson here is that both the Northern and Southern Hemispheres receive equal amounts of daylight. This is due to the fact that at this point in its orbit around the Sun, the Earth is neither tilted toward nor away from the Sun. This will happen again when Earth is on the other side of the Sun in mid September, though at that point we will experience the autumnal equinox, or first day of autumn in the northern hemisphere and the first day of spring in the southern hemisphere.

The term "month" comes from the word "moon" since a month is the amount of time it takes the Moon to orbit the Earth. Actually, you'll find that all of our measurements of time are based in the astronomical cycles of the Sun, Moon and stars.

As Orion the Hunter slips further and further west, springtime constellations begin to appear on the eastern horizon. Towards the month's end, the bright star Vega rises in the northeast just after midnight, while the quintessential Saturn displays its subtle magnificence in the southeast.

Lots of astronomical changes happening this month signaling the change in seasons as our beloved planet continues its 10 billion year journey around a small star we call the Sun.

The Los Angeles Astronomical Society (LAAS) meets at Monterey Park's Garvey Ranch Observatory every Wednesday night, rain or shine, from 7 -10 p.m. All members are eager to answer your questions, and let you have a peek through our 8" telescope, weather permitting. Feel free to contact us via any of the methods below. We would love to see you there!

Address: 781 S Orange Ave, Monterey Park, CA 91755; www.laas.org; Facebook: www.facebook.com/losangelesastronomicalsociety; phone: 213-673-7355.

Equinox. You've probably heard this word a lot especially when you were growing up. Like the solstices, an equinox is an event that happens twice per year, when the sun's path in the sky crosses what's known as the celestial equator. This month it signals the end of winter in the Northern Hemisphere and the end of summer in the Southern Hemisphere.

The word equinox is a Latin term, meaning equal night and there's a good reason for this... If you were to get up early, go outside and watch the sunrise, you may notice that on March 20th - the vernal equinox (vernal is Latin for spring)

This month also sees the return of a God - Mars - the God of War. The red planet returns to our evening skies mid to late March. Look for Mars low on the eastern horizon around 9:00 p.m. towards the end of the month. Between March 17th and 18th the Moon will slip past Mars. To find Mars on the 17th, look for the rust colored "star" just below the Moon. On the night of the 18th, look for Mars just above the Moon. On each night, Mars will be poised for satisfactory viewing just after 10:00 p.m.

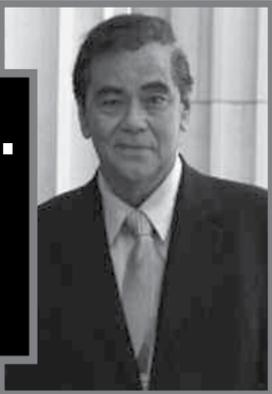
The Moon is new on March 1st, full on March 16th and new again on March 30th, which is a perfect example of how we measure the period of time known as a month - or "moonth".

## PERSONAL INJURY

### G. MONTY MANIBOG, Esq.

*Attorney at Law*  
 & Associates

**Former Mayor and Councilman  
 of Monterey Park**



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## Momentum

### Recent Case Results

Ahn v. City of Los Angeles \$5,650,000	Rosales v. L.A. County \$235,000
Bisceglia v. Keshisyan \$3,445,000	Vann v. Thatcher \$225,000
Martinez v. Elvaquero \$717,712	Liess v. Mars, Inc. \$205,000
Heise v. Cimms \$475,000	De Vela v. Loya \$140,000
Baumann v. Cochran \$375,000	Cancino v. Torres \$130,000
Lopez v. MLK Hospital \$285,000	Sherman v. Carlson \$127,000
Veluz v. Kaiser \$250,000	Steele v. Dryer \$125,000

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Monterey Park

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Living Area: 2,946 Sq.Ft. Lot Size: 11,609 Sq.Ft.



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Sold for : \$1,060,000 CASH

835 Crest Vista Dr., Monterey Park

10 Bed + 1 Bonus Room + 6 Bath, Living Area: \$4,931 sf.



Sold

Sold for : \$300,000 CASH

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David Ng  
Real Estate Specialist  
Cel: (626) 318-1608

230 S. Garfield Ave.  
Monterey Park, CA 91754

Recreation and Community Services Department

SPRING

CLASSES AND PROGRAMS

Register Online Saturday, March 8th 2014 at [www.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us)  
Walk in Registration Monday, March 10th 2014 at City Hall or Langley Center

REMINDER

Registration can only be made via one of the following methods:

Online Registration - Begins March 8th at 12am

Walk-in Registration - Begins March 10th at 7am

Mail-in Registration - will be accepted starting March 10th

\*Note: Instructors will no longer be accepting payment on site. Please be sure to register for your class on time to secure a spot.

ART CLASSES

ART, DRAWING, & SKETCHING

A beginning group lesson class introducing the basic skills of drawing. \$10 materials fee is due at first class meeting. Students must verify any holiday make ups with instructor.

MAX 10 students only.  
Rainbow Art Studio, 260 East Garvey Avenue Monterey Park

12 Weeks: April 9, 2014 - June 22, 2014

<b>Fees: \$120.00</b>	<b>5yrs to 12 yrs</b>	
1501.409	Wednesday	2:30-3:30pm
1501.401	Wednesday	5:45-6:45pm
1501.402	Thursday	5:45-6:45pm
1501.410	Friday	2:45-3:45pm
1501.403	Friday	3:15-4:15pm
1501.404	Friday	4:30-5:30pm
1501.405	Friday	5:45-6:45pm
1501.406	Sunday	1:15-2:15pm
1501.407	Sunday	2:30-3:30pm
1501.408	Sunday	3:45-4:45



Glass and much more

Marlene Cardinali, Barnes Park Service Club

12 Weeks: April 3, 2014- June 19, 2014

Fees: \$47.00

1509.401 Thursday 9:00-12 noon

CARTOON DRAWING

Learn to draw funny cartoons the easy way with creative use of color blends. Students will be responsible for all supplies: paper, crayons, & pencils on the first day of class. Students must verify any holiday make ups with instructor.

Simon Yen, Barnes Park Service Club

10 Weeks: March 21, 2014 - May 23, 2014

Fees: \$55.00 3yrs to 8yrs

1504.401 Friday 5:00-6:00pm

ENLIGHTENMENT ART & CRAFT (1.5 HR, GROUP LESSON)

The course teaches a variety of painting and creative media, including crayons, colored pencils, oil pastels, watercolor, poster color, Play-Doh, finger paint, collage, paper crafts, and other material crafts to make this course fun and diversified. \$12 materials fee is due at first class meeting. Students must verify any holiday make ups with instructor.

MAX 10 students only.

Rainbow Art Studio, 260 East Garvey Avenue Monterey Park

10 Weeks: April 9, 2014 - June 22, 2014

Fees: \$180.00

4yrs to 8 yrs

1501.411

Wednesday

5:45-7:15pm

1501.412

Thursday

2:00-3:30pm

PENCIL DRAWING

Learn basic drawing techniques using the latest materials. Students will be responsible for all materials: colored pencils (2B-3B) and A4 drawing book at the first class. Students must verify any holiday make ups with instructor.

Simon Yen, Barnes Park Service Club

10 Weeks: March 21, 2014 - May 23, 2014

Fees: \$55.00

7yrs to 13yrs

1504.402

Friday

4:00-5:00pm



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: March 18, 2014 - May 20, 2014

Fees: \$50.00

18yrs & Up

1510.401

Tuesday

6:30 to 8:30pm

ARTS & CRAFTS

Students will learn various crafts, using the latest materials: Wall Art, Greeting Cards, 3D Pictures, Jewelry, Clay, Holiday Projects, Ribbon Embroidery, Stained



DANCE CLASSES

BALLET

Ballet is the foundation for all dances and can help dramatically improve other dance techniques. Students are responsible for pink leather or canvas split sole ballet slippers and additional materials fee which will include: leotard, tights, etc. Students must verify any holiday make ups with instructor.

JayVee Dance Center, 216 East Main Street, Alhambra

8 Weeks: March 31, 2014 - May 24, 2014

Fees: \$95.00 5yrs to 8yrs

1402.401 Tuesday 3:30 to 4:30pm

Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

9 Weeks: March 22, 2014 - May 17, 2014

Fees: \$92.00

1404.401 4-5yrs Saturday 10:00 to 11:00am

1404.402 6yrs-12yrs Saturday 11:00am-12:00pm



dances of Mexico. Students must verify any holiday make ups with instructor.

Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

9 Weeks: March 18, 2014 - May 14, 2014

Fees: \$92.00

1404.406 6yrs to 12yrs Wednesday 6:00 to 7:00pm

1404.407 4yrs to 5yrs Wednesday 6:30 to 7:30pm

FLAMENCO

Ole! These introductory classes will cover basic arm and body placement, heelwork and hand clapping while learning a basic flamenco rhythm. Flamenco shoes are required. Students must verify any holiday make ups with instructor.

Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

9 Weeks: March 17, 2014 - May 18, 2014

Fees: \$92.00 4yrs & Up

1404.408 4yrs to 5yrs Monday 6:00 to 7:00pm

1404.409 6yrs to 12yrs Thursday 6:00 to 7:00pm

1404.410 15yrs & Up Thursday 7:00 to 8:00pm

1404.411 15yrs & Up Saturday 12:00 to 1:00pm

1404.412 15yrs & Up Sunday 11:00 to 12:00noon



1402.402 18yrs & Up Monday 7:30 to 8:30pm

1402.403 4yrs to 6yrs Thursday 3:30 to 4:30pm

1402.404 7yrs to 9yrs Friday 4:00 to 5:00pm

1402.405 10yrs to 13yrs Friday 5:00 to 6:00pm

1402.406 13yrs & Up Tuesday 7:30 to 8:30pm

1402.419 7yrs to 12yrs Saturday 12:30-1:30pm

1402.420 13yrs to 18 yrs Saturday 1:30-2:30pm

HAWAIIAN-HULA-TAHITIAN DANCE

Students will learn the national dance of Hula. Students must verify any holiday make ups with instructor.

JayVee Dance Center, 216 East Main Street, Alhambra

8 Weeks: March 31, 2014 - May 24, 2014

Fees: \$95.00 13yrs & Up

1402.407 Wednesday 7:30 to 8:30pm

Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

9 Weeks: March 20, 2014 - May 17, 2014

Fees: \$92.00 6yrs to 12yrs

1404.413 Thursday 6:00 to 7:00pm

1404.414 Saturday 12:00 to 1:00pm

POPPING

Where hip hop culture began! This class will concentrate on body and muscle isolations while incorporating hip hop dance choreography and robot skills. Students learn how to free style and find their own creative popping style and freedom. Students are also responsible for t-shirt, basketball shorts/sweatpants and tennis shoes. Students must verify any holiday make ups with instructor.

JayVee Dance Center, 216 East Main Street, Alhambra

8 Weeks: March 31, 2014 - May 24, 2014

Fees: \$95.00 7yrs to Teen

1402.408 Monday 7:30 to 8:30pm

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, 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 April 11, 2014 - June 13, 2014

Fees: \$84.00 All Welcome

1406.401 Beginner Friday 7:30 to 8:30pm

1406.402 Intermediate Friday 8:30 to 9:30pm

BELLY DANCING - INTRO

Get all the basics of this alluring dance form. Students will learn basic belly dance techniques such as hip undulations, muscle isolations and body placement. Hip scarf optional but available for purchase at the Arte Flamenco. Students must verify any holiday make ups with instructor.

Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

9 Weeks: March 19, 2013 - May 17, 2014

Fees: \$92.00 15yrs & Up

1404.403 Wednesday 7:30 to 8:30pm

1404.404 Saturday 12:00 to 1:00pm

DANCE RHYTHM FITNESS

Dance Rhythm Fitness is an American Folk Dance, also called Clogging. It is done to music such as Latin, Polka, Irish, Dixieland and Bluegrass - A true exercise without exercising. No Partner required and No experience necessary.

Reggie Stevens, George Elder Community Center

3 Months: April 3, 2014- June 26, 2014

Fees: \$32.00 All Welcome

1407.401 Thursday 7:00 to 9:00pm



JAZZ

This class is an upbeat modern version of Broadway style dancing! Emphasis on the basic skills of Jazz technique with a focus on ballet training, rhythmic, and modern combinations of music and movement. Specific dance attire is required at an additional request. Please contact studio for specifics.

JayVee Dance Center, 216 East Main Street, Alhambra

8 Weeks: March 31, 2014 - May 24, 2014

Fees: \$95.00 4yrs to 18yrs

1402.418 6yrs to 9yrs Wednesday 3:30-4:30pm

HIP HOP

Bringing together the culture of street dancing and the technical training of dance, Hip Hop has an entertainment quality that is uniquely its own. Students are responsible for tennis shoes and an additional materials fee which will include: t-shirt, basketball shorts/sweatpants. Students must verify any holiday make ups with instructor.

JayVee Dance Center, 216 East Main Street, Alhambra

8 Weeks: March 31, 2014 - May 24, 2014

Fees: \$95.00 4yrs to 18yrs



FOLKLORICO

Viva Mexico! Students of all ages will be introduced to traditional dance movements, skirt work and heelwork of the

## 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. A \$10 materials fee per child required at first class meeting. Students must verify any holiday make ups with instructor.



**Credentialed Parent Education Instructor, Garvey Ranch Park OR Barnes Park Service Club**

#### CHILD - PARENT EDUCATION - Birth to Toddler

**10 Weeks: March 24, 2014 - May 26, 2014**

**Fees: \$77.00 Omos to 24mos**

1305.401 Monday 9:00 to 11:00am GRPB

#### CHILD - PARENT EDUCATION - Ages to Stages

**10 Weeks: March 25, 2014 - May 27, 2014**

**Fees: \$77.00 Oyrs to 3.5yrs**

1305.402 Tuesday 9:00 to 11:00am SCH

#### CHILD - PARENT EDUCATION - 3 years Preschool Ready

**10 Weeks: March 26, 2014 - May 28, 2014**

**Fees: \$77.00 3 years old by March 1st 2014**

1305.403 Wednesday 9:00 to 11:00am GRPB

### ESL CLASS (New Immigrants English 新移民英文) - GROUP LESSONS

English as Second Language enrichment will integrate the language skills of Listening, Speaking, Reading and Language Acquisition into a class. The class will offer opportunities to acquire and practice oral and written language with instruction and activities that are engaging and productive.



[www.LittleAngelsChorale.com](http://www.LittleAngelsChorale.com)

#### LA Little Angels Children's Chorale,

401 Garfield Ave #B, Monterey Park

**4 weeks (8 sessions): March 17, 2014 - April 7, 2014**

**Fee: \$90 (G1-G3) Elementary**

1307.401 Monday and Thursday 3:00pm-4:30pm

**Fee: \$90 (G4-G6) Elementary**

1307.402 Monday and Thursday 4:30pm-6:00pm

### CHINESE LANGUAGE - ADULTS

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.

#### Amie (Xiaodong) Wang, Barnes Park Service Club

**12 Weeks: April 6, 2014 - June 22, 2014**

**Fees: \$127.00 18yrs & Up**

1301.401 Sunday 9:00 to 11:00am

1301.402 Sunday 11:15 to 1:15pm

1301.403 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.



#### Amie (Xiaodong) Wang, Barnes Park Service Club

**12 Weeks: April 5, 2014 - June 21, 2014**

**Fees: \$77.00 6yrs to 7yrs**

1301.404 Book 3 Saturday 11:15 to 1:15pm

1301.405 Book 1 Saturday 11:15 to 1:15pm

1301.406 Book 2 Saturday 2:00 to 4:00pm

### 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.

#### Amie (Xiaodong) Wang, Barnes Park Service Club

**12 Weeks: April 5, 2014 - June 21, 2014**

**Fees: \$77.00 7yrs to 8yrs**

1301.407 Book 1 Saturday 9:00 to 11:00am

1301.408 Book 5 Saturday 9:00 to 11:00am

### 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.



#### Amie (Xiaodong) Wang, Barnes Park Service Club

**12 Weeks: April 5, 2014 - June 21, 2014**

**Fees: \$77.00 8yrs to 9yrs**

1301.409 Book 4 Saturday 9:00 to 11:00am

1301.410 Book 4 Saturday 11:15 to 1:15pm

1301.411 Book 6 Saturday 2:00 to 4:00pm

### 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.



#### Amie (Xiaodong) Wang, Service Club House

**12 Weeks: April 5, 2014 - June 21, 2014**

**Fees: \$77.00 10yrs to 12yrs**

1301.412 Book 6, 7 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.

#### Amie (Xiaodong) Wang, Barnes Park Service Club

**12 Weeks: April 5, 2014 - June 21, 2014**

**Fees: \$127.00 12yrs to 14yrs**

1301.413 Saturday 2:00 to 4:00pm

### 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.

#### Amie (Xiaodong) Wang, Barnes Park Service Club

**12 Weeks: April 6, 2014 - June 22, 2014**

**Fees: \$127.00 14yrs & Up**

1301.414 Sunday 9:00 to 11:00am

1301.415 Sunday 11:15 to 1:15pm

1301.416 Sunday 2:00 to 4:00pm

### DRIVER'S EDUCATION

Driver education is a California-required course for teens to receive a driver's license. This is an online study course. DMV accepted completion certificates issued upon successful completion of the course. Class is on-going & does not include behind-the-wheel driving.



#### All Good Drivers, On Line Class

**3 Months: April 7, 2014 - June 29, 2014**

**Fees: \$82.00 14yrs to 18yrs**

1304.401 Internet Course Mon-Sun 12:00am to 11:59pm

## EXERCISE CLASSES

### AEROBICS - HIGH & LOW IMPACT

This class combines strength and cardiovascular training to maximize fat burning as well as improve aerobic and strength fitness. NO CHILDREN ARE ALLOWED. Students must verify any holiday make ups with instructor.



#### Leane Sumimoto, Brightwood Cafeteria

**10 Weeks: March 17, 2014 - May 20, 2014**

**Fees: \$44.00 (1-day) or \$54.00 (2-days) 17yrs & Up**

1201.401 Monday 7:00 to 8:00pm

1201.402 Tuesday 7:00 to 8:00pm

1201.403 Mon/Tue 7:00 to 8:00pm

### CHI GONG

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



#### Nelson Ong, Barnes Park Memorial Bowl

**10 Weeks: March 21, 2014 - May 24, 2014**

**Fees: \$90.00 All Welcome**

1203.401 Friday 10:00 to 11:00am

1203.402 Saturday 9:00 to 10:30am

### 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: March 20, 2014 - May 22, 2014**

**Fees: \$71.00 All Welcome**

1207.401 Thursday 5:30 to 6:30pm

#### Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

**9 Weeks: March 19, 2014 - May 14, 2014**

**Fees: \$92.00 18yrs & Up**

1218.401 Wednesday 8:30 to 9:30pm

### TAI CHI - CHEN STYLE

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

any holiday make ups with instructor.

#### Nelson Ong, Barnes Park Memorial Bowl

**10 Weeks: March 23, 2014 - May 25, 2014**

**Fees: \$90.00 All Welcome**

1203.403 Sunday 9:30 to 10:30am

### 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: April 1, 2014 - June 29, 2014**

**Fees: \$97.00 All Welcome**

1217.401 24 Hand Form Sunday 9:30 to 10:30am

1217.402 48 Hand Form Sunday 8:30 to 9:30am

**Fees: \$127.00 All Welcome**

1217.403 New Frame (Int) Sunday 7:30 to 8:30am

1217.404 New Frame (Beg) Sunday 12:30 to 1:30pm

1217.405 Ba Gua Zhang 1 Sunday 8:30 to 9:30am

1217.406 42 Hand Form Sunday 9:30 to 10:30am

1217.407 24 Hand Form Sunday 8:30 to 9:30am

1217.408 48 Hand Form Sunday 9:30 to 10:30am

1217.409 Tai Chi Saber Sunday 10:30 to 11:30am

1217.410 Wudang Sword Sunday 11:30 to 12:30pm

1217.411 Tai Chi Fan Tuesday 8:00 to 9:30pm

1217.412 48 Hand Form Tuesday 6:00 to 7:00pm

1217.413 Shao Lin Tuesday 5:00 to 6:00pm

1217.414 24 Hand Form Tuesday 7:00 to 8:00am

### TAI CHI - WU DANG STYLE

The following Tai Chi classes combine Qi Gong and gentle body and hand movements to create the Wu Dang Style. Students must verify any holiday make ups with instructor.



#### Chiu Sang Lee, Sierra Vista Park

**3 Months: April 2, 2014 - June 28, 2014**

**Fees: \$67.00 All Welcome**

1209.401 Basic Form Wednesday 4:30 to 5:30pm

1209.402 Basic Form Friday 4:30 to 5:30pm

1209.403 Basic Form Saturday 9:30 to 10:30am

**Fees: \$97.00 All Welcome**

1209.404 Circle Form Wednesday 5:00 to 6:00pm

1209.405 Circle form Friday 5:00 to 6:00pm

1209.406 Circle Form Saturday 10:00 to 11:00am

**Fees: \$80.00 All Welcome**

1209.407 Meditation Saturday 11:00 to 11:45am

**Fees: \$67.00 All Welcome**

1209.408 Qi Gong Wednesday 5:00 to 6:00pm

1209.409 Qi Gong Friday 5:00 to 6:00pm

1209.410 Qi Gong Saturday 10:00 to 11:00am

**Fees: \$97.00 All Welcome**

1209.411 Saber Form Wednesday 5:00 to 6:00pm

1209.412 Saber Form Friday 5:00 to 6:00pm

1209.413 Saber Form Saturday 10:00 to 11:00am

**Fees: \$97.00 All Welcome**

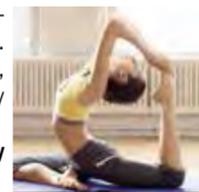
1209.414 Sword Form Wednesday 5:00 to 6:00pm

1209.415 Sword Form Friday 5:00 to 6:00pm

1209.416 Sword Form Saturday 10:00 to 11:00am

### YOGA - HATHA

Ideal class for students new to yoga- combines posture, breathing and meditation. Students must provide their own towel, blanket or exercise mat. Students must verify any holiday make ups with instructor.



#### Chieko Fosterling, George Elder Community Center

**10 Weeks: March 22, 2014- May 24, 2014**

**Fees: \$90.00 18yrs & Up**

1204.401 Beginner Saturday 9:00 to 10:15am

1204.402 Intermediate Saturday 10:30 to 11:45am

### ZUMBA FITNESS

Zumba combines Latin and international music with dance in an effort to make exercise fun. Students are responsible for comfortable athletic attire and tennis shoes. Students must verify any holiday make ups with instructor.

#### JayVee Dance Center, 216 East Main Street, Alhambra

**8 Weeks: April 1, 2014 - May 24, 2014**

**Fees: \$65.00 18yrs & Up**

1219.401 Tuesday 6:30 to 7:30pm

1219.402 Thursday 6:30 to 7:30pm

1219.403 Saturday 9:30 to 10:30am

#### Arte Flamenco Dance Theater, 230 West Main Street, Alhambra

**9 Weeks: March 17, 2014 - May 18, 2014**

**Fees: \$78.00 18yrs & Up**

1218.402 Monday 6:30 to 7:30pm

1218.403 Tuesday 6:00 to 7:00pm

1218.404 Wednesday 6:00 to 7:00pm

1218.405 Thursday 6:30 to 7:30pm

1218.406 Saturday 11:00am to 12:00pm

1218.407 Sunday 11:00 to 12:00noon

## MARTIAL ARTS CLASSES

### NIPPON KEMPO KARATE

Nippon Kempo is a full force sport based on techniques of striking, kicking, throwing, reverse holds and ground combat. Advanced class requires Instructor's approval. Students must verify any holiday make ups with instructor.



**Mark Ishida, Garvey Ranch Park**

**Each Month: April 3, 2014 - June 28, 2014**

**Fees: \$33.00 or \$28.00 Subsequent Family 5yrs & Up**

1102.401	Apr-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.402	May-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.403	Jun-Beg	Thursday 6:30 - 8:00pm & Saturday 9:00-10:30am
1102.404	Apr-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am
1102.405	May-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am
1102.406	Jun-Adv	Thursday 7:30 - 9:00pm & Saturday 10:00 - 11:30am

### 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.

**Amie Wang, Garvey Ranch Park**  
**10 weeks: April 5, 2014 to June 7, 2014**

**Fees: \$120.00 5 years & up**

1301.417	Beginner/Intermediate	Saturday	9:00 am to 10:30am
1301.418	Beginner/Intermediate	Saturday	11:00 am to 12:30pm
1301.419	Beginner	Saturday	1:30 pm to 3:00pm
1301.420	Beginner	Saturday	3:00 pm to 4:30pm

### SHOBU KAI KARATE DO

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



**Ricky Wong, George Elder Community Center**

**1 Month: April 1, 2014 - June 26, 2014**

**Fees: \$29.00 or \$24.00 Subsequent Family 6yrs & Up**

1105.401	Apr	Tues & Thurs	7:00 to 8:00pm
1105.402	May	Tues & Thurs	7:00 to 8:00pm
1105.403	Jun	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: March 17, 2014 - June 27, 2014**

**Fees: \$35.00 or \$30.00 Subsequent Family 6yrs & Up**

1103.401	Apr-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.402	May-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.403	Jun-Beg	Mon/Wed/Fri	6:30 to 7:45pm
1103.404	Apr-Adv	Mon/Wed/Fri	8:00 to 9:00pm
1103.405	May-Adv	Mon/Wed/Fri	8:00 to 9:00pm
1103.406	Jun-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, Garvey Ranch Park**

**Each Month-Wing Chun 1: April 3, 2014 - June 28, 2014**

**Fees: \$85.00 All Welcome**

1104.401	Apr-Beg	Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm
1104.402	May-Beg	Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm
1104.403	Jun-Beg	Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm

**Each Month-Wing Chun 2: April 5, 2014 - June 28, 2014**

**Fees: \$36.00 5-14yrs**

1104.404	Apr-Beg	Saturday	4:00 to 5:00pm
1104.405	May-Beg	Saturday	4:00 to 5:00pm

**Each Month-Wing Chun 2: April 5, 2014 - June 28, 2014**

**Fees: \$85.00 All Welcome**

1104.406	Apr-Adv	Saturday	2:00 to 4:00pm
1104.407	May-Adv	Saturday	2:00 to 4:00pm
1104.408	Jun-Adv	Saturday	2:00 to 4:00pm

## MUSIC & THEATER CLASSES

### BEGINNING ACTING FOR CHILDREN

Students will learn the basics of acting, building confidence and self esteem through cooperation and team work with theater games and improvisation. Class includes a performance for parents at the end of the session. Students must verify any holiday make ups with instructor.



**Lee Chen Norman, George Elder Community Center**

**10 Weeks: 10 Weeks: March 23, 2014 - May 25, 2014**

**Fees: \$97.00 7yrs to 11yrs**

1801.401	Sunday	2:00 to 2:50pm GECC
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### BEGINNING ACTING FOR YOUTH

Students will learn the basics of acting and building confidence and self esteem through cooperation and team work with theater games and improvisation. Students will perform a monologue or scene for parents at the end of the session. Students must verify any holiday make ups with instructor.



**Lee Chen Norman, George Elder Community Center**

**10 Weeks: March 23, 2014 - May 25, 2014**

**Fees: \$97.00 12yrs to 15yrs**

1801.402	Sunday	3:00 to 3:50pm GECC
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### CREATIVE DRAMA AND MOVEMENT FOR CHILDREN

Students will use their voice, body and imagination to explore the folk-tales of the world. Students will build confidence and self esteem through cooperation and team work with theater games, creative movements and storytelling. Students must verify any holiday make ups with instructor.

**Lee Chen Norman, George Elder Community Center**

**10 Weeks: March 23, 2014 - May 25, 2014**

**Fees: \$97.00 4yrs to 8yrs**

1801.403	Sunday	4:00 to 4:50pm GECC
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### IMPROVISATIONS FOR NON-ACTING ADULTS

Exercises are based on Viola Spolin improvisation techniques. Enjoy the freedom of your intuition and imagination and exercise your mental health. Students must verify any holiday make ups with instructor.

**Lee Chen Norman, George Elder Community Center**

**10 Weeks: March 23, 2014 - May 25, 2014**

**Fees: \$57.00 18yrs & Up**

1801.404	Sunday	11:00 to 12:00noon GECC
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### SINGING CLASS - GROUP LESSON

LA Little Angels Children's Chorale provides an excellent foundation for young performers of the future.

Class A (Kindergarten) - vocalization, rhythm, ear training, theory, body coordination, famous cute songs.

Class B (Elementary) - Vocal technique, Rhythm, Ear training, theory exploration, famous Choral, Musical performance, Community services

www.LittleAngelsChorale.com

**LA Little Angels Children's Chorale,**

**401 Garfield Ave #B, Monterey Park**

**4 Weeks: March 23, 2014 - April 13, 2014**

**Fees: \$70.00 Kindergarten**

1717.401	Sunday (A Class)	4:30 to 5:45pm
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**Fees: \$80.00 Elementar**

1717.402	Sunday (B Class)	3:00 to 4:30pm
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### PIANO PREP - GROUP LESSONS

Class will focus on basic finger training, rhythm counting, sight reading, and chord application and performance repertoires. Students will be required to provide earphones and purchase piano books - for additional material fees may be required. Visit the website at www.littleangelschorale.com for more information. Students must verify any holiday make ups with instructor.



**Little Angels Children's Chorale,**

**401 Garfield Ave #B, Monterey Park**

**4 Weeks: March 17, 2014 - April 7, 2014**

**Fees: \$80.00 5yrs & Up**

1717.403	5yrs to 6yrs	Monday	6:00pm to 7:00pm
1717.404	7yrs to 9yrs	Monday	7:00am to 8:00pm

### PRIVATE PIANO, VIOLIN, GUITAR AND VOICE LESSONS

One on one efficient expert teacher will guide students step by step into the beautiful world of music. Voice lessons include vocalizing, sight singing and stage performance. Violin and Piano lessons include finger technique, sight reading and beat counting. Individual lessons run 30 minutes per session - time to be worked out with instructor. Additional material fees may be required - Visit website at www.littleangelschorale.com for more information. Students must verify any holiday make ups with instructor.



**Little Angels Children's Chorale,**

**401 Garfield Ave #B, Monterey Park**

**4 Weeks: March 17, 2014 - April 13, 2014**

**Fees: \$120.00**

**5yrs & Up**

1717.405	Private Piano	Mon-Sun 30 minutes/per session
1717.406	Private Violin	Mon-Sun 30 minutes/per session
1717.407	Private Voice	Mon-Sun 30 minutes/per session
1717.408	Private Guitar	Mon-Sun 30 minutes/per session

### PIANO

Have you always wanted to play the piano? Learn notes and chords but owning a piano is not necessary.

**Ai Hwa Kung, Barnes Park Service Club**

**8 Weeks: March 19, 2014 - May 7, 2014**

**Group Fees: \$60.00**

**5yrs & Up**

1710.401	Group-Beg	Wednesday	5:30 to 6:15pm
1710.402	Private	Wednesday	5:00 to 5:30pm



## SAFETY CLASSES

**\*All payments for Safety Classes must be made in person on first day of class due to prerequisites. Registration is available without payment\***

### First Aid/CPR/AED Course

#### First Aid/CPR/AED - Adult, Child and Infant

The First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program offers a choice of First Aid, CPR and AED courses to meet the various training needs of a diverse audience. Study guide and fact sheets included All First Aid/CPR/AED certifications are valid for 2 years from date of course completion. Materials needed: CPR Mask. CPR mask can be purchased from instructor on the first class meeting.

**Prerequisites: None**

**Barnes Park Aquatics,**

**400 S. McPherrin St. Monterey Park, CA 91754**

**4 Weeks: March 17, 2014 - March 24, 2014**

**Fees: \$75.00**

2402.401	Monday	6:00 to 8:30pm BPP
2402.402	Monday	6:00 to 8:30pm BPP
2402.403	Monday	6:00 to 8:30pm BPP

#### Adult CPR and First Aid

**2 Weeks: March 18, 2014 - March 25, 2014**

**Fees: \$60.00**

2402.404	Tuesday	6:00 to 8:30pm BPP
2402.405	Tuesday	6:00 to 8:30pm BPP

**2 Weeks: April 15, 2014 - April 22, 2014**

2402.406	Tuesday	6:00 to 8:30pm BPP
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**2 Weeks: May 13, 2014 - May 20, 2014**

2402.407	Wednesday	6:00 to 8:30pm BPP
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**2 Weeks: April 16, 2014 - April 23, 2014**

2402.408	Wednesday	6:00 to 8:30pm BPP
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**2 Weeks: May 14, 2014 - May 21, 2014**

2402.409	Wednesday	6:00 to 8:30pm BPP
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**2 Weeks: May 14, 2014 - May 21, 2014**

2402.409	Wednesday	6:00 to 8:30pm BPP
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### Lifeguard Training Course

The purpose of the Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional level care for breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services (EMS) personnel take over. Lifeguard manual, study guide, and skills sheets included. Materials needed: CPR Mask. CPR mask can be purchased from instructor on the first class meeting.



#### Prerequisites:

Must be at least 15 years old.  
Swim 300 yards continuously, demonstrating breath control and rhythmic breathing.  
Tread water for 2 minutes using only the legs.  
Complete the following timed event within 1 minute, 40 seconds.  
Starting in the water, swim 20 yards.  
Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.  
Surface and swim 20 yards on back, with both hands holding the object.  
Exit the water without using a ladder or steps.

**Barnes Park Aquatics,**

**400 S. McPherrin St. Monterey Park, CA 91754**

### Lifeguard Training

**2 Weekends: March 22, 2014 - March 30, 2014**

**Fees: \$160.00**

**15yrs & Up (Must attend all 6 days Fri- Sun)**

2402.410	Friday 6:00 to 9:00pm
	Saturday & Sunday 10:00 - 5:00pm BPP

**2 Weekends: April 19, 2014 - April 27, 2014**

2402.411	Friday 6:00 to 9:00pm
	Saturday & Sunday 10:00 - 5:00pm BPP

**2 Weekends: May 17, 2014 - May 25, 2014**

2402.412	Friday 6:00 to 9:00pm
	Saturday & Sunday 10:00 - 5:00pm BPP

## SENIOR FITNESS CLASSES

### CHAIR FITNESS FOR OLDER ADULTS - 50yrs & Up

Aerobic movement, range of motion exercises, strength training, stretching all performed in a seated position Perfect for students with balance or mobility issues and those recovering from illness or injury. Light hand weights and resistance bands are used in each class.

**Sonja Holladay, Langley Center**  
**9 Weeks: March 25, 2014 - May 22, 2014**

**Fees: \$47.00** 50yrs & Up  
 4215.401 Tuesday & Thursday



1:30 to 2:30pm

### TOTAL FITNESS FOR SENIORS - 50yrs & Up

Heart healthy low impact aerobics, strength training and Flexibility all wrapped up into one class! Light hand weights (2lbs-5lbs) and resistance bands are used in each class. Floor mat also required for Intermediate and Advance levels. Students must verify any holiday make ups with instructor.

**Sonja Holladay, Langley Center**  
**9 Weeks: March 24, 2014 - May 21, 2014**

**Fees: \$29.00 (1-day class) or \$56.00 (2-day class)**  
 4215.403 Beginner Mon & Wed 1:00 to 2:30pm

4215.404 Inter/Adv Mon & Thu 2:45 to 4:15pm  
 4215.405 Inter/Adv Tuesday 2:45 to 4:15pm

### ZUMBA GOLD - 50yrs & Up

Dress to sweat in this low impact, easy to follow, Latin-Inspired dance fitness party that keeps you in a groove for life. Some of the dance styles include: merengue, salsa, and cumbia. Instructor is ZUMBA and ZUMBA Gold licensed.

**Sonja Holladay, Langley Center**  
**9 Weeks: March 25, 2014 - May 20, 2014**

**Fees: \$29.00** 50yrs & Up  
 4215.406 Tuesday 12:15 to 1:15pm

## SENIOR CLASSES - 50yrs & Up

### GOLF - 4 SENIOR'S

Learn the basics of golf - putt, chi, pitch, sand, full swing). experience the fun of playing on the golf course, under the guidance of a PGA member. 12 hours of instructions, average of cost is \$100 per hour for private lessons. Golf clubs are provided by instructor. Students are responsible for the purchase of range balls at each class.



**Kevin Norwall, PGA PRO Instructor**  
**Monterey Park Golf Course**  
**3600 W. Ramona Blvd, Monterey Park, CA 91754**

**5 Week: March 4, 2014 - April 1, 2014**  
**Fee: \$100.00** Seniors 50 yrs and Up  
 4602.410 Tues & Thurs 9:00am - 10:00am

### TENNIS - SENIOR PROGRAM

A tennis program designed for seniors of all levels. Students are required to bring 2 cans of tennis balls with them to the first class. Students must verify holiday make-ups with instructor

**Victor Wong, Barnes Park Tennis Courts**  
**9 Weeks: March 18, 2014 - May 15, 2014**

**Fee: \$45.00** Seniors 50 yrs and Up  
 4603.401 Tues & Thurs 10:00 am-12 noon

### TABLE TENNIS, BILLIARDS AND EXERCISE

Come early and play or exercise at Langley Center. Only participants that have paid activity fees may participate or occupy the rooms during the posted times. Doors open for regular activities at 8:00 A.M., Monday - Friday. No Saturday early entrance.

**Langley Senior Center**  
**9 WEEKS: APRIL 7, 2014 - JUNE 6, 2014**

**FEE: \$27.00** Seniors 50 yrs and Up  
 4602.401 Monday - Friday 6:00 a.m. - 8:00 a.m.  
**9 Weeks: April 12, 2014 - June 7, 2014**

**FEE: \$18.00** Seniors 50 yrs and Up  
 4602.402 Saturday 8:00 a.m. - 12:00 noon

### COMPUTER CLASS

Learn the basics of the computer at this beginner level class.

**Dr. Charles Mau, Langley Senior Center**  
**8 Weeks: March 4, 2014 - April 22, 2014**

**FEE: \$15.00** Seniors 50 yrs and Up - Beginning  
 4402.401 Tuesday 9:00 a.m. - 11:30 a.m.

### BALLROOM DANCE CLASS

Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals and ballroom classic style.

**Glenn Yata, Langley Senior Center**  
**12 Weeks: March 18, 2014 - June 6, 2014**

**Fee: \$5.00 per lesson**  
 4403.401 Wednesday and Friday 7:00pm - 10:00pm

## SENIOR CLASSES - FREE

### AMERICAN CULTURE - Intermediate

Explore American life and language.

**Paul Cheng, Langley Senior Center**  
**12 Weeks: March 16, 2014 - May 29, 2014**

**Fee: FREE**  
 4301.401 Thursday 1:00pm - 3:00pm

### ENGLISH CONVERSATION

Refine you English language skills with Betty Cheng, Instructor.

**Betty Cheng, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 29, 2014**

**Fee: FREE**  
 4303.401 Thursday 9:15 A.M.-11:30 A.M.

### BEADING CLASS

Come create one-of-a-kind designs under the direction of Francis Lau, Instructor. **Free - Pay for materials used.**

**Francis Lau, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 26, 2014**

**Fee: FREE**  
 4501.401 Monday 9:00A.M.-11:00A.M.

### CHINESE PAINTING II

Learn Chinese painting - one of the oldest traditions in the world; \$25 materials fee.

**Yu Zhou So, Painting Instructor, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 29, 2014**

**Fee: FREE**  
 4504.401 Thursday 9:30A.M.-12:00 Noon



### CHINESE HEALTH EXERCISE

Easy movement exercise early in the morning.

**Mary Tam, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 27, 2014**

**Fee: FREE**  
 4201.401 Monday-Friday 7:00 A.M. - 8:00 A.M.

### YUAN CHI DANCE/TAI CHI EXERCISE

**Sandra Lin, Alice Tsao, and Rosa Yee, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 29, 2014**

**Fee: FREE**  
 4202.401 Monday - Tuesday 8:00 A.M. - 10:00 A.M.  
 Wednesday - Thursday 8:00 A.M. - 10:30 A.M.

### MEMORY MAKERS FITNESS

Includes Yuan chi Dance, Line Dance and Tai chi Exercises

**Sandra Lin, Alice Tsao, and Rosa Yee, Langley Senior Center**  
**12 Weeks March 22, 2014 - May 31, 2014**

**Fee: \$10.00 per quarter**  
 4401.401 Saturday 9:00 A.M. - 10:00 A.M.

### LINE DANCING

**Alice Tsao, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 27, 2014**

**Fee: FREE**  
 4406.401 Monday and Tuesday 10:00 A.M. - 11:00 A.M.



### LINE DANCING - Beginning

**Sandra Lin and Alice Hao, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 30, 2014**

**Fee: FREE**  
 4407.401 Friday 8:45 A.M. - 10:30 A.M.

### LINE DANCING - Intermediate/advance

**Wilson Ng, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 30, 2014**

**Fee: FREE**  
 4408.401 Friday 9:00 A.M. - 10:30 A.M.

### KARAOKE

A means of recreation to sing your favorite song or belt out your best ballad.

**Betty Cheng, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 27, 2014**

**Fee: FREE**  
 4701.401 Tuesday 9:00 A.M. - 12 Noon

### FRIENDSHIP CHORUS

**Prof. Ping Qiao, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 28, 2014**

**Fee: FREE**  
 4703.401 Wednesday 9:30 A.M. - 12:00 Noon

### CHINESE EVERGREEN CHORUS

**Delly Chow, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 28, 2014**

**Fee: FREE**  
 4704.401 Wednesday 1:00 P.M. - 3:00 P.M.

### CHINESE OPERA

**Fuller Chen, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 26, 2014**

**Fee: FREE**  
 4705.401 Monday 9:00 A.M. - 12 noon



### CHINESE OPERA

**C.L. Shen, Langley Senior Center**  
**12 Weeks March 16, 2014 - May 30, 2014**

**Fee: FREE**  
 4706.401 Friday 9:00 A.M. - 12 noon

### GARDEN GROUP CLASS

Learn tips for gardening to make your garden look wonderful. For further information, contact Suzie Juarez at (626) 695-8059.

**Suzie Juarez, Langley Senior Center**  
**Fee: FREE**

**3 Mondays - March 24, April 28 and May 19**  
 4811.401 Mondays 1:00 p.m.

## SPORTS CLASSES

### GOLF

Learn the fundamentals of putting, chipping, pitching, full swing, grip, stance, swing, club selection and etiquette. Instructor is a P.G.A. member. Experienced golfers will improve their skills as well. Golf clubs are provided by instructor. Students are responsible for the purchase of range balls at each class. Students must verify any holiday make ups with instructor.



**Monterey Park Golf Course**  
**3600 W. Ramona Blvd, Monterey Park, CA 91754**  
**5 Weeks: March 18, 2014 - April 19, 2014**

**Fees: \$59.00** 8yrs & Up  
 1601.401 Wednesday 9:00 to 10:00am  
 1601.402 Saturday 11:00 to 12:00pm  
 1601.403 Saturday 1:00 to 2:00pm

### GYMNASTICS - PARENT & ME

Enhance your child's development and share their experiences as

you assist them through a structured class designed to encourage fun, flexibility and coordination. One adult must participate in the class. Payke Gymnastics requires an additional waiver to be signed by a parent or legal guardian at the first class.

**Payke Gymnastics, 107 S. Garfield Ave, Alhambra**  
**8 Weeks: March 18, 2014 - May 6, 2014**

**Fees: \$110.00** 2yrs to 3yrs  
 1602.401 Tuesday 11:15am to 12:00pm

### GYMNASTICS

Learn basic gymnastics and concentration skills along with coordination, strength and self confidence. Payke Gymnastics requires an additional waiver to be signed by a parent or legal guardian at the first class.

**Payke Gymnastics, 107 S. Garfield Ave, Alhambra**  
**8 Weeks: March 18, 2014 - May 6, 2014**

**Fees: \$110.00** 5yrs to 8yrs  
 1602.402 Tuesday 4:00 to 5:00pm



### KINDER-GYM

This program is specially designed for the introduction of basic fundamental skills of gymnastics on vault, bars, beam, floor, mini-tramp and trampoline. Payke Gymnastics requires an additional waiver to be signed by a parent or legal guardian at the first class.

**Payke Gymnastics, 107 S. Garfield Ave, Alhambra**  
**8 Weeks: March 18, 2014 - May 6, 2014**

**Fees: \$110.00** 4yrs to 5yrs  
 1602.403 Tuesday 3:15 to 4:00pm

### PING PONG

Sierra Vista Ping Pong class will include basic Ping Pong Instruction and open play. \$10 Punch Cards good for 10 days of play, are also available at City Hall Recreation Counter. Students must verify any holiday make ups with instructor.

**Michelle Trinh, Sierra Vista Park**  
**3 Months: March 31, 2014 - June 27, 2014**

**Fees: \$22.00** 6yrs & Up  
 1610.401 Monday-Friday 8:00 to 12:00pm



**TENNIS - ADULT**

Students are required to bring 2 cans of tennis balls with them to the first class. Students must verify any holiday make ups with instructor.



**Dean Eddow, Barnes and Elder Tennis Courts**

**10 Weeks: March 18, 2014 - May 24, 2014**

**Fees: \$45.00 18yrs & Up**

**Elder Tennis Courts**

1609.401	Inter/Adv	Tuesday	7:00 to 8:30pm
1609.402	Advance	Tuesday	8:30 to 10:00pm
1609.403	Inter/Adv	Thursday	7:00 to 8:30pm
1609.404	Advance	Thursday	8:30 to 10:00pm

**Barnes Tennis Courts**

1609.405	Beg/Inter	Saturday	4:00 to 5:30pm
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**Victor Wong, Barnes Tennis Courts**

**9 Weeks: March 22, 2014 - May 24, 2014**

**Fees: \$65.00 18yrs & Up**

1608.401	Beg/Inter	Saturday	11:00 to 12:00pm
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**TENNIS - PEE WEE**

Students are required to bring 2 cans of tennis balls with them to the first class. Students must verify any holiday make ups with instructor.

**Victor Wong, Barnes Tennis Courts**

**9 Weeks: March 20, 2014 - May 17, 2014**

**Fees: \$65.00 4yrs to 7yrs**

1608.402	Beginner	Thursday	3:30 to 4:30pm
1608.403	Beginner	Friday	3:30 to 4:30pm
1608.404	Beginner	Saturday	9:00 to 10:00am

**TENNIS - LITTLE LEAGUE**

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

first class. Students must verify any holiday make ups with instructor.

**Victor Wong, Barnes Tennis Courts**

**9 Weeks: March 20, 2014 - May 17, 2014**

**Fees: \$65.00 8yrs to 11yrs**

1608.405	Beginner	Thursday	4:30 to 5:30pm
1608.406	Beginner	Saturday	10:00 to 11:00am

**TENNIS - JUNIOR**

Students are required to bring 2 cans of tennis balls with them to the first class. Students must verify any holiday make ups with instructor.

**Victor Wong, Barnes Tennis Courts**

**9 Weeks: March 21, 2014 - May 17, 2014**

**Fees: \$90.00 8yrs & Up**

1608.407	Inter (8yrs-11yrs)	Friday	4:30 to 6:00pm
1608.408	Beg/Inter (12yrs & Up)	Friday	4:30 to 6:00pm

**Fees: \$65.00 8yrs & Up**

1608.409	Beg/Inter (12yrs & Up)	Saturday	11:00 to 12:00pm
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**WATER CLASSES**

**LAP SWIM - ADULTS**

For the fitness conscious, a Morning Lap Swim Program is available at Barnes Park Pool.



**Barnes Park Pool**

**1 Month: April 1, 2014 - May 31, 2014**

**Fees: \$34.00 or \$60.00 Subsequent Family 14yrs & Up**

2301.401	April	Monday-Friday	6:00 to 8:00am
		Sat & Sun	6:00 to 10:00 am
2301.402	May	Monday-Friday	6:00 to 8:00am
		Sat & Sun	6:00 to 10:00 am
2301.403	June	Monday-Friday	6:00 to 8:00am
		Sat & Sun	6:00 to 10:00 am

**LAP SWIM - SENIORS**

For the fitness conscious, a Morning Lap Swim Program is available at Barnes Park Pool.

**Barnes Park Pool**

**1 Month: April 1, 2014 - May 31, 2014**

**Fees: \$22.00 50yrs & Up**

2301.404	April	Monday-Friday	6:00 to 8:00am
		Sat & Sun	6:00 to 10:00 am
2301.405	May	Monday-Friday	6:00 to 8:00am

		Sat & Sun	6:00 to 10:00 am
2301.406	June	Monday-Friday	6:00 to 8:00am
		Sat & Sun	6:00 to 10:00 am

**WATER AEROBICS - DEEP**

\*\*\*If you will be registering for Sonja Holladay's Water Aerobics classes, the following fees will be applied:

1216.401	One Class per week:	\$40
1216.402	Two Classes per week:	\$58
1216.403	Three Classes per week:	\$72
1216.404	Unlimited Classes:	\$97

Deep 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. Students are responsible for a \$14.00 materials fee (buoyancy belt) at the first class meeting.



**Sonja Holladay, Barnes Park Pool**

**9 Weeks: March 24, 2014 - May 23, 2014**

**18yrs & Up**

Tuesday	8:30 to 9:30am
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Thursday	8:30 to 9:30am
Friday	8:30 to 9:30am

**WATER AEROBICS - SHALLOW**

\*\*\*If you will be registering for Sonja Holladay's Water Aerobics classes, the following fees will be applied:

1216.401	One Class per week:	\$40
1216.402	Two Classes per week:	\$58
1216.403	Three Classes per week:	\$72
1216.404	Unlimited Classes:	\$97

Shallow 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 equipment (noodle) and must wear aqua shoes.

**Sonja Holladay, Barnes Park Pool**

**9 Weeks: March 24, 2014 - May 23, 2014**

**18yrs & Up**

Monday	8:30 to 9:30am
Monday	9:45 to 10:45am
Tuesday	9:45 to 10:45am
Wednesday	8:30 to 9:30am
Wednesday	9:45 to 10:45am
Thursday	9:45 to 10:45am
Friday	9:45 to 10:45am

**SPRING SWIM CLASSES**

**PARENT & TOT**

Parents are required to be in the water during class time.

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$35.00 6mos to 5yrs**

2108.401	Saturday	10:30am to 11:20am
2108.402	Saturday	11:30am to 12:20pm

**Cycle 2: April 26 - May 24, 2014**

**Fees: \$35.00 6mos to 5yrs**

2108.403	Saturday	10:30am to 11:20am
2108.404	Saturday	11:30am to 12:20pm

**LEVEL I: WATER EXPLORATION**

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

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$33.00 5yrs to 7yrs**

2101.401	Saturday	10:30am to 11:20am
2101.402	Saturday	11:30am to 12:20pm

**Cycle 2: April 26 - May 24, 2014**

**Fees: \$33.00 5yrs to 7yrs**

2101.403	Saturday	10:30am to 11:20am
2101.404	Saturday	11:30am to 12:20pm

**LEVEL II: PRIMARY SKILLS**

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

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2102.401	Saturday	10:30am to 11:20am
2102.402	Saturday	11:30am to 12:20pm

**Cycle 2: April 26 - May 24, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2102.403	Saturday	10:30am to 11:20am
2102.404	Saturday	11:30am to 12:20pm

**LEVEL III: STROKE READINESS**

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

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2103.401	Saturday	10:30am to 11:20am
2103.402	Saturday	11:30am to 12:20pm

**Cycle 2: April 26 - May 24, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2103.403	Saturday	10:30am to 11:20am
2103.404	Saturday	11:30am to 12:20pm

**LEVEL IV: STROKE DEVELOPMENT**

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



**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2104.401	Saturday	12:30pm to 1:20pm
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**Cycle 2: April 26 - May 24, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2104.402	Saturday	12:30pm to 1:20pm
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**LEVEL V: STROKE REFINEMENT**

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

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2105.401	Saturday	12:30pm to 1:20pm
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**Cycle 2: April 26 - May 24, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2105.402	Saturday	12:30pm to 1:20pm
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**LEVEL VI: STROKE PROFICIENCY**

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

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2106.401	Saturday	12:30pm to 1:20pm
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**Cycle 2: April 26 - May 24, 2014**

**Fees: \$29.00 7yrs to 17yrs**

2106.402	Saturday	12:30pm to 1:20pm
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**ADULT LEARN TO SWIM**

Beginning and Advanced classes for Adults.

**Staff, Elder Park Pool**

**Cycle 1: March 22 - April 19, 2014**

**Fees: \$39.00 18yrs & Up**

2109.401	Beginner	Saturday	12:30pm to 1:20pm
2110.401	Advanced	Saturday	12:30pm to 1:20pm

**Cycle 2: April 26 - May 24, 2014**

**Fees: \$39.00 18yrs & Up**

2109.402	Beginner	Saturday	12:30pm to 1:20pm
2110.402	Advanced	Saturday	12:30pm to 1:20pm

## AQUATICS

**LAP SWIMMING AT BARNES PARK POOL**

For The fitness conscious, a Morning Lap Swim Program is available at Barnes Park Pool. Lap Swim hours are Monday through Friday, 6:00 a.m. to 8:00 a.m., Saturday and Sunday from 6:00 a.m. to 10:00 a.m. The fee is \$5 per swim or you may purchase a Monthly Lap Swim Pass\* for \$34, Family of Two for \$60, and Senior Citizen for \$22. Checks are accepted at the pool. NO EVENING LAP SWIM!

**MONTEREY PARK MANTA RAYS SWIM TEAM 5-18 YRS**

Team workouts are Monday through Friday from 5:00 p.m. to 7:00 p.m. at Barnes Pool. Register at the pool during workout hours or see coaches for more details. The annual registration fee is \$75 per child. Monthly dues can vary between \$35 - \$60 per child, depending on the child's ability. USA Swimming registration fee is \$60.00 (expiration December 31). Tryouts are Monday - Thursday 5:00pm - 5:15pm. For more info contact the coaches at MPMRCoach@gmail.com

**SWIM DEVELOPMENT PROGRAM**

Swim Monday thru Thursday from 5:00 p.m. to 6:00 p.m. only \$35 per month. Swimmers must tryout and qualify. No other registration fees or uniform required... just a swim suit! Work on stroke technique, learn new strokes, refine, review... stay sharp! Stay in shape! Youth of all ages and skill levels are welcome. This program also prepares youth who are interested in joining the swim team.

## General Registration Information

Register Online Saturday, March 8th 2014 at  
[www.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us)  
 Walk in Registration Monday, March 10th 2014 at  
 City Hall or Langley Center

----- ONLINE REGISTRATION -----  
 for general recreation classes begins Saturday, March 8th.

----- WALK-IN REGISTRATION -----  
 for general classes begins Monday, March 10th.

Register online at [www.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us)  
 Look for the Spring Recreation Classes/Online Registration button.  
 Walk-in registration is available at the City Hall  
 Recreation Department counter,  
 320 W. Newmark Avenue. Monterey Park, CA 91754

For more information regarding the online registration process including fees, discounts, refunds, and how to setup parent/child accounts, please see the registration instructions on page 18 of this issue of the Cascades.

## Recreation Classes Online Registration

Save time by visiting Monterey Park's online registration site to review class information and register for classes. Users can create an account, register for classes from home or work and conveniently pay your fees by credit card.

Convenience fees do apply. Walk-in registration and payments are also accepted at City Hall, 320 W. Newmark Avenue, Monterey Park. For information, call 626-307-1388.

Online Registration Instructions:

1. Go To: <https://activenet11.active.com/montereyparkrecreation>.

2. New online enrollees... (Never registered online or only registered at City Hall): Click on Request Account and fill out all starred areas. Remember to add adult/parent

First, if you are registering your child. You will be sent an e-mail shortly- follow the listed instructions to activate the account. Returning enrollees: Click on My Account (upper right corner) and Type in your Login Name and password. (If you forgot your password, choose that option and you will be prompted on what to do-You will be sent a temporary password).

3. Click on Register for Activities (located under Other Services).

4. If you know the Section Number for the Activity, eg.1208.102, enter it and you can view class description and register. Or-If you would like to browse through classes, you may type a keyword such as "Yoga" and it will take you to those types of classes.

5. Once you choose the class, you may click "Add to Cart". By default, the person chosen to enroll in the class is you. If this class is for someone else, scroll down and choose the person or add a family member. Then click Continue. Any coupon code or discount should be entered or if it is a subsequent family member, it will automatically deduct the amount from the total. To add additional classes, choose "Show Activities" - otherwise, click on Continue again to go to Checkout.

6. Please review the prices for all

classes under Order confirmation, and note that a convenience fee is charged.

7. The waiver must be reviewed - scroll down to activate the check box.

8. You will then be prompted to pay for the class, and will proceed to pay by entering your credit card information.

9. Check the box to confirm you are 13 years of age or older. There is no requirement to purchase the magazines that are offered.

10. Click the Continue button to complete your order. You may then print out your receipt to take to the first class meeting.

11. If you have any difficulties, please call the Recreation Office during business hours at 626-307-1388, or e-mail [recreation@montereypark.ca.gov](mailto:recreation@montereypark.ca.gov) and staff will work with you to solve the problem. Please note that some work computers have 'firewalls' installed that do not allow online payments.

General Information:

- Classes are filled on a first-come first-serve basis. Space is limited.

- \$2 Senior Discount for Residents 55 years of age and older. Discount may not be combined with any other discount offer.

- A cancellation fee of \$7.00 will be deducted from all refunds made prior to the start of first class meeting. No refunds will be made after class begins. Cancellations must be made in person. No telephone cancellations will be accepted.

- Full refund by City check will be made if class is cancelled by the Recreation Department. Refunds may take from (3) three to (5) five weeks.

- All programs are subject to cancellation or schedule to change if class minimums are not reached. Classes are closed when class maximums are met. The department will make an attempt to contact all cancelled class participants by phone, letter or email. To assure that your class has not been cancelled, please call our office at 626-307-1388 the first day of class.

## ACTIVITIES LOCATIONS

*BCR Brightwood Cafetorium/Rec. Bldg. • 1701 Brightwood Street*

*BPCC Barnes Park Community Center • 350 S. McPherrin Avenue*

*BPMB Barnes Park Memorial Bowl • 350 S. McPherrin Avenue*

*CHCR City Hall Community Room • 320 W. Newmark Avenue*

*GECC G. Elder Park Community Center • 1950 Wilcox Avenue*

*GRPB Garvey Ranch Park Building • 781 S. Orange Avenue*

*LC Langley Senior Citizens' Center • 400 W. Emerson Avenue*

*LLP La Loma Park • 1902 Fulton Avenue*

*SCH Service Club House • 440 S. McPherrin Avenue*

*SVPB Sierra Vista Park Building • 311 Rural Drive*

## Use this form for Mail-In Registration ONLY

### WALK IN

- Register starting March 10, 2014
- Come to the Recreation and Parks Counter at Monterey Park City Hall from 7:00 a.m.-6:00 p.m., Monday through Thursday.
- CREDIT CARDS (VISA and MASTERCARD) ARE ACCEPTED.

### MAIL IN

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

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

### GENERAL INFORMATION

- Classes are filled on a first come first serve basis. Space is limited.
- \$2 Senior Discount for residents 55-years of age and older. DISCOUNT MAY NOT BE COMBINED WITH ANY OTHER DISCOUNT OFFER.
- A cancellation fee of \$7.00 will be deducted from all refunds made prior to the start of first class meeting. No refunds will be made after class begins. Cancellations must be made in person.
- No telephone cancellations will be accepted.
- Full refund by City check will be made if class is cancelled by the Recreation and Parks Department. REFUNDS MAY TAKE FROM (3) THREE TO (5) FIVE WEEKS.
- All programs are subject to cancellation or schedule to change if class minimums are not reached. Classes are closed when class maximums are met. The department will make an attempt to contact all cancelled class participants by phone, letter or email. To assure that your class has not been cancelled, please call our office at (626) 307-1388 the first day of class.
- Do not buy class supplies until you have received confirmation that the class has been filled.

PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ WORK PHONE: ( ) \_\_\_\_\_

AGE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CLASS #	NAME OF CLASS	DAY	TIME	FEES
1				
2				
3				

Name of Parent or Guardian \_\_\_\_\_

Emergency Phone # \_\_\_\_\_ or \_\_\_\_\_

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

I also consent to emergency treatment for my child.

\_\_\_\_\_  
 Signature of Adult Participant or Parent/Guardian Date: \_\_\_\_\_

Paid Advertisement

# Don't Make A Lawn Mower Out Of Your Power Tooth Brush: It Can Cause Receding Gums!



Dr. John Chao, DDS

Gum recession, also known as "being long in the tooth" is the exposure of the root around the tooth. This can be caused by many different factors, and can lead to additional problems if not taken care of. It can be caused by over brushing, grinding, orthodontics, smoking, periodontitis (gum disease), as well as malocclusion (uneven bite). Along with gum disease, the most common cause of recession is over brushing, or pushing too hard while brushing with an incorrect motion or with a tooth brush that doesn't have soft bristles. It is very important when buying a toothbrush, to either buy an extra soft or soft bristled toothbrush. Electric tooth brushes are very beneficial as well. Any toothbrush that is harder than a soft toothbrush has bristles that are not soft enough for the gums and will break them down, causing recession. It is also important to eliminate gum disease before treating receding gums. Over brushing doesn't prevent gum disease.

The motion used while brushing is essential in making sure the gums don't recede. It is very important to use either a roll technique (roll the soft

bristled tooth brush from the gum area to the biting surface of the tooth) very gently, or to use a circular motion (moving the toothbrush in small circles over the tooth and gums). If using an electric toothbrush, it is very important to not add extra motion while brushing. To use it, gently hold the brush along the tooth and move it from one side of the mouth to the other, not adding a circular or roll motion, and not adding any pressure. With these brushes, if extra motion is added, gum recession will be caused. Heavy brushing with any power tooth brush is like using a lawn mower on your gums.

Gum recession can lead to sensitivity of the tooth, exposed margins (areas around a crown which can lead to a cavity), discoloration, as well as bone loss around each tooth. If too much recession occurs, the tooth may become loose. A variety of treatment options are available for gum recession. Some of these treatments include fillings, surgical grafting, or the newest technique for gingival recession: Pinhole Surgical Technique (PST).

Pinhole Surgical Technique is a painless procedure invented by John Chao, DDS., which involves a small pinhole placed in the gums, and then special instruments are inserted into the gums in order to slide the gum back down over the recession on the tooth. A Collagen membrane is then placed through the pinhole and inserted over the gum line to help hold the gums in their correct position. This technique is quick, easy, and noninvasive. It can only be done by dentists specifically trained by Dr. Chao.

Recession can be treated in a variety of ways. It is very important to get it treated so that no additional bone loss results. It is also crucial to correct the reason which caused the recession. If it was the brushing, then proper brushing needs to be learned so as to not continue the recession. If it is the result of other causes, they need to be addressed as well so that treatment can be successful.

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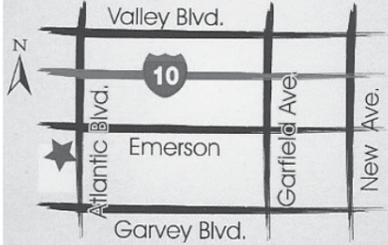
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# Alhambra High School updates

By Olivia Cheung, senior, ASB Dir. of Public Relations, Alhambra High School

February was a lively month for Alhambra High School with weekly spirit activities designed to support and excite students for upcoming festivities. In between the rousing class weeks was AHS' 2014 Open House on Feb. 13. The school's Open House was a successful event that diverged from the typical Open House schedule. This year's Open House allowed for more one-to-one interaction between parents and teachers, rather than the general, limiting Q&A session.

During Sophomore Week, AHS students returned to campus to be greeted by countless of "good luck"

signs made by ASB for sophomore CAHSEE takers. Academic Pep Week quickly followed up, with spirit days including visits from local professionals who helped inform curious students. Junior Week arrived in full swing, complementing the traditional Sadies Hawkins dance that same Friday. The lively activities continue in March, with the anticipation of Senior Week and Freshman Week. Such class week activities are the first of their kind among other AHS' weekly traditions, hoping to further engage students and arouse student and faculty support.



Senior Jacky Liang participates in a game during Sophomore Week at Alhambra High School. Each day featured a unique game that involved students during lunch; the game's objective on Thursday, Feb. 6 was to twirl streamers fast.

# AUSD School board meeting schedule, open to public

The Alhambra Unified School District welcomes the public to attend its Board of Education Meetings. The meetings begin at 6 p.m. and are held in the Board Room of the District offices at 1515 West Mission Road, Alhambra. Meeting dates for 2014 are as follows:

March 11, April 1, April 22, May 13, June 3, June 24, July 15, August 5, August 26, September 16, October 7, October 28, November 18, December 9.

For more information, please visit [www.ausd.us](http://www.ausd.us) and click on the School Board tab.

# A Year in the Life: Alhambra High School Speech & Debate team captains share the weight



Left to right: Holding some of the Alhambra High School Speech and Debate Team's sweepstakes trophies are seniors Anthony Zhu, Andrew Quach, Ximena Araujo and Kevin Zhang.

With the tremendous growth in membership of the Speech & Debate Team at Alhambra High School this year, leadership plays an important role in maintaining successful and enthusiastic team spirit. Leading this year's squad are four very capable and experienced seniors who not only help guide the other members, but also compete in their own rigorous speech and debate categories as well. The entire job becomes a complete balancing act – a daunting task for a high school student on the cusp of graduating and anxiously awaiting to hear from the various college admissions offices.

"My job as one of the head captains is similar to being a parent; I have to focus on myself and simultaneously mentor underclassmen," said Andrew Quach, an AHS senior who joined during his freshman year through the Oral Interpretation course on campus. "My various responsibilities often require me to work at school long after the sun goes down. As stressful as it may be, it is equally rewarding."

Kevin Zhang, who was one of two winners in the final round at the Optimist Club Student Speaker Contest, added: "As a captain, I strive to balance authority with fun in order to develop discipline and spark passion in novices. I try to help underclassmen reach their potential and learn the importance of self-worth. After all, Speech and Debate is about finding your own voice and having the confidence to present it, and that's something I take pride in achieving."

Swelling to 145 members this year, the Alhambra High School Speech and Debate Team resembles a mini factory. The captain's position does not stop at just being at the helm; being a captain means struggling to recruit new members, guiding students towards which of the eleven speaking categories they would like to do and to which of the four debate categories they might be interested in, and then encouraging a practice regiment among the members.

"Captaincy on the debate team isn't just about being able to lead; it's about being able to empathize with a unique community filled with diverse talents. Our responsibilities range from mentoring freshman to hearing Mr. Tong's life lessons at 1:00 am. Ultimately, everything in between is just as challenging as it is fun," said Anthony Zhu, who has qualified twice to the National Championships in Student Congress.

The captains' guidance has helped lead the team to multiple sweepstakes trophies this year including 5th place sweepstakes at the Winter Classic held at Fullerton High School, 2nd place sweepstakes at Fall Varsity held at Arroyo High School, 3rd place for Individual Events and 1st place for Debate at the Spartan Fall Classic held at Schurr High School.

"It has been a honor to help the other members on the AHS Speech & Debate Team. I am amazed at how much the novices have improved since they started practicing in the summer," said senior Ximena Araujo, who joined as a sophomore. "Watching them excel and grow as speakers is what makes being captain so rewarding. Being a captain comes with many responsibilities, but being a part of a team who care about each other is worth it."

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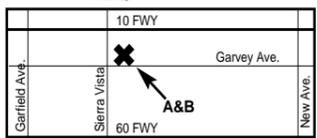
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# AUSD, Alhambra Latino Association host successful Chamber mixer



The mixer was held at the District's Café AUSD, which is open to the public. Photo by pirouette photography



Alhambra Latino Association President Teresa Ybarra enjoys the menu catered by the District's Food and Nutrition Services.



Alhambra Latino Association member Rebecca Lira and her business associate Ernie Gutierrez prepare non-alcoholic margaritas for guests.



Alhambra Latino Association board members and supporters enjoy the evening as co-hosts.



The Alhambra High School Jazz I Jazz Ensemble entertained guests.



A tour of the District's Central Production Kitchen impressed guests.

A capacity crowd enjoyed the first Alhambra Chamber of Commerce Mixer of the new year, co-hosted by the Alhambra Unified School District and the Alhambra Latino Association (ALA) on Jan. 22. The event was held in the District's Café AUSD, which is open to the public, at the District's administrative offices on 1515 W. Mission Road.

The evening featured a menu by AUSD's new catering services and music by the Alhambra High School Jazz I Jazz Ensemble, who performed outdoors under a tent. Guests enjoyed mixing and mingling while feasting on spicy tuna sushi rolls, California rolls, Greek salad, four different types of pizza (cheese, pepperoni, vegetable, fiesta), gourmet cookies, and sliced fruit. The Alhambra Latino Association kept the evening festive with non-alcoholic margaritas, which were a hit among guests.

Alhambra Latino Association President Teresa Ybarra said she was very pleased with the outcome of the mixer. "The food was delicious and the people were in a jovial mood all evening long. We saw a lot of networking taking place. We made new contacts who are interested in ALA's goals of scholarship fundraising and promoting cultural activities. Indeed, it was a very successful event!"

With the mixer, the District also wanted to showcase its Food and Nutrition Services,

which is now offering catering to the public. Catering menus and order forms were on hand for guests to browse and are available at the District offices or by calling (626) 943-6590. A tour of the District's new Central Production Kitchen, which handles the catering and meals for schools, was offered to attendees.

Rainbow Kan, Senior International Marketing Manager, Assistant Vice President at Bank of the West, who went on the tour, said she would consider the District's catering services. "Looking at the facility, I feel comfortable and confident that the quality control and service is good," Kan said. New to the area, Kan attended the mixer to learn more about the city of Alhambra.

Supt. Laura Tellez-Gagliano said she wanted the mixer to be held at the District offices because many in the community had not been there before. "Overall, it was a great evening. Our staff and students did a wonderful job representing the District," she said.

For catering inquiries, contact AUSD Food and Nutrition Services at (626) 943-6590. To book the Jazz Ensemble, contact Mark Trulson at trulson\_mark@ausd.us. The next Alhambra Latino Association event will be its Annual Scholarship Fundraiser Dinner and Dance on May 16, 2014 at Luminarias. For more information, visit [www.alhambralatinoassociation.com](http://www.alhambralatinoassociation.com).



## Monterey Park Library Foundation presents a Tribute to the Women of Monterey Park

On June 6, 2014, women of Monterey Park who have attained excellence in five categories will be honored at a formal dinner at Ocean Star Restaurant. The Monterey Park Library Foundation is seeking nominations from the residents of Monterey Park for women in each category.

EDUCATION, GOVERNMENT, BUSINESS, COMMUNITY SERVICE, THE ARTS

**Each Nominee:**

1. Must be a resident of Monterey Park
2. Must have excelled during the past five (5) years in one of the above categories
3. Can be nominated in only one of the above categories
4. May be nominated by any resident of Monterey Park including family members

Name of Nominee: \_\_\_\_\_

Category:  Education  Government  Business  Community Service  the Arts

Reasons for nomination/brief biography of nominee in 100 words or less (please attach sheet)

**Contact information (nominee):**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Contact information (nominator)**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Nomination Rules**

You may nominate more than one person but only one person in each category. All nominations must be in writing and the form filled in completely. All nominations must be either e-mailed to or received at the Monterey Park Bruggemeyer Library on or before **March 28, 2014 by 6:00 p.m.** to be considered. Please deliver nomination forms to the Monterey Park Bruggemeyer Library, 318 South Ramona Avenue, Monterey Park, CA 91754 or e-mail to [libraryadministration@montereypark.ca.gov](mailto:libraryadministration@montereypark.ca.gov). One nominee in each category will be chosen by the Library Foundation Board. The winners in each category will be announced in the **May 2014** issue of the **Cascades** newspaper and the winners will be notified in writing by the Library Foundation.

Individuals belonging to the following groups are not eligible to be nominated: Monterey Park Bruggemeyer Library Staff, Library Foundation Board, Library Board of Trustees and Friends of the Library and Junior Friends.

For additional information, please call Library Administration at (626) 307-1269.

# San Gabriel Student wins County Poetry Out Loud competition

Congratulations to San Gabriel senior Alex Luu who won the Los Angeles County Poetry Out Loud competition finals held on Feb. 5 at the Cerritos Center for the Performing Arts. (Alex was featured in the Feb. issue of the Monterey Park Cascades as the winner of the district level of the Poetry Out Loud competition.) Alex will be the sole representative from Los Angeles County at the California State contest on March 24 in Sacramento. "I felt shocked [when I found out I won]," Alex said. "I couldn't believe it. I was also really happy and relieved." Alex recited "A March in the Ranks Hard-Prest, and the Road Unknown" by Walt Whitman, and "Constantly Risking Absurdity (#15)" by Lawrence Ferlinghetti to win the annual poetry recitation contest.

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Pre-Sale Tickets or Donation Info contact:  
 (626) 571-9211 or Email [auxiliary397@gmail.com](mailto:auxiliary397@gmail.com)

# ASB students organize shoe drive with Northrup alumnus



2013-2014 ASB Student Leadership and ASB Adviser Jeff Ospital with over 200 pairs of "gently used" shoes collected for Healing Hearts Across Borders. Sitting on top, 8th Graders ASB President, Jason Fan and ASB Vice President Angela Phung.

(From left to right) Northrup Alum David Lam; ASB President Jason Fan; ASB Representatives Briana Garay and Alisha Ma; and ASB Vice President Angela Phung hold one of the "Gently Used Shoe Drive" signs used to promote campus awareness for the service learning project.

Northrup ASB students organized a "Gently Used Shoe Drive" with former Northrup student David Lam for the Healing Hearts Across Borders foundation in order to benefit the poor in Tijuana, Mexico.

Northrup Alumnus David Lam aspires to become a doctor and currently is a Human Biology candidate at the University of California, San Diego. He and his peers assist this organization every summer. He approached ASB to collect gently used shoes, and Northrup students were up to the challenge.

ASB Adviser Angel Hong said, "At Pat on the Back, it was really uplifting to have Northrup Alum David Lam as a guest speaker. He came from the same community as our students, taught by the same teachers (Mrs. Mikami and Mrs. Lau who are current teachers) and is now pursuing a doctorate degree at UCSD. Our principal ensured our students that if David can go to college and fulfill his dreams, we all can."

ASB students were also recognized for their hard work to promote the event. In December, ASB wanted to have a toy drive that would benefit children. It was a

coincidence that Mr. Lam enlisted Northrup's help to collect gently used shoes for the Healing Hearts Across Borders organization the same week. When ASB heard that the children he worked with in Tijuana lived in poor conditions and walk away barefoot after receiving free medical care, they were determined to remedy that problem with a shoe drive. Ms. Hong further said, "Our students learned compassion and the value of helping others in need by collecting gently used shoes at home."

The school community donated well over 200 pairs of gently used shoes.

ASB Adviser Jeff Ospital remarked, "Our ASB students were really excited to be helping others out. They were busy each week getting the word out and collecting bags from the classroom. The students here at Northrup 'stepped up' and did a great job of bringing in shoes."

The Northrup staff believes that service learning is crucial to producing successful people into society.

# Mark Keppel invites audiences to Disney's Beauty and the Beast



The cast of Mark Keppel's production of Disney's Beauty and the Beast pose on the musical's stage.

Mark Keppel's student orchestra will perform live with each show.

The cast, crew, and orchestra of Mark Keppel High School's latest production, Disney's Beauty and the Beast, welcome audiences to their musical. They will host special talkbacks after performances and times for autographs. Seniors over 62 and children under 8 can receive a special discounted price of \$10 presale tickets.

Show dates are February 28, March 1, March 7 & 8, at 7:30 p.m. with two special matinees on Sunday, March 2 and Sunday, March 9, at 3 p.m. The Sunday matinees will feature talkbacks with the cast, crew, and orchestra, and children will have a chance to get autographs from their favorite characters. It's sure to be a treat for the young ones.

Tickets are \$12 presale, \$15 at the door, and may be purchased online at Keppel's webstore which can be found at [www.mkhs.org](http://www.mkhs.org) (the webstore link can be found in the

center of the left side of the page). For more information call 323/943-6781.

Keppel's production includes a company of 45 actors with senior Connie Bahng as Belle and senior Xavier Torres as the Beast. Music will be provided by Keppel's own 60-member student orchestra. The experienced production team, reunited from Flower Drum Song, includes Choreographer Joseline Granados, Vocal Director Cecilia Revilla, Set Designer Dennis McCullough, Musical Director Dr. Carla Bartlett, Technical Director Tim Gillette, and Director Page Phillips.

The musical is family-friendly, and children from ages 5 to 105 are encouraged to attend. All performances will be in the school's auditorium at 501 East Hellman, Alhambra.

# Alhambra Educational Foundation now accepting student registrations for popular 2014 K-8 Summer Academy and Summer High School programs

AEF receives official 6-year accreditation for Summer High School program from the Western Association of Schools and Colleges (WASC)

February 13, 2014 – Student registration has now begun for the 2014 Alhambra Educational Foundation’s K-8 Summer Academy and Summer High School programs. Parents are encouraged to register their students early to ensure class placement for the popular summer courses. This year’s summer programs are both slated to run six weeks, starting Monday, June 9 through Thursday, July 17. The Monday-Thursday program will offer a variety of new classes and popular returning favorites to all students, Kindergarten through twelfth grade.

Elementary students have a wide variety of new courses to choose from this year, including “Under the Sea: Marine Biology,” “Literature Through Movies,” “Theatre Arts/Drama,” “Beginning Journalism,” and Spanish language and culture classes. The K-8 Summer Academy will again be held at Ynez Elementary School in Monterey Park, with the elementary afternoon arts classes just a bus ride away at Mark Keppel High School (MKHS). Also new this year is the addition of two new ‘extended day’ courses from 3:30-5:30pm at MKHS. Longtime AUSD music teachers Dave Batti and Jim Hamilton will teach the “School of Rock” and “World Music Drumming” courses, respectively, for incoming 6th – 8th grade students.

AEF’s Summer High School — held at Alhambra High School this year — has recently received an official 6-year accreditation from the prestigious Western Association of Schools and Colleges (WASC). WASC accreditation recognizes schools that meet an acceptable level of quality, in accordance with established, research-based WASC criteria. The AEF program is one of the few WASC-accredited summer schools

in the state of California, and last year served more than 1,100 students from 22 local schools.

This year, Summer High School is offering many new courses to incoming 9th-12th grade students, including “Getting Ready for Math 1” for 9th grade students. This elective course will help prepare students for the new Common Core State Standards in math that will be integrated into the AUSD curriculum this fall. Additional elective courses offered include “Expository Writing for College & Career,” “Speech & Debate” and “SEI/Structured English Immersion.” Students may also choose to enroll in academic ‘get-ahead’ courses such as Biology, Chemistry, World History, U.S. History, Geometry, Algebra II or Trigonometry/Pre-Calculus. Also new this year are new enrichment courses “College Road Trip,” “Getting Ready for the CAHSEE test” and a new “Strings Conservatory” for experienced high school strings players.

AEF’s K-8 Summer Academy classes focus on preparing students academically for the coming school year, in a fun, stress-free environment. Courses such as “Getting Ready for Kindergarten,” “Robotics,” the Science and Math classes, and the popular music classes help students think creatively, become problem-solvers, learn new social skills, and get a jump on curriculum for the coming school year.

AEF’s Summer High School continues to be one of the more popular summer schools in the San Gabriel Valley. AEF offers courses that will help students ‘get-ahead’ with the credits and course work needed for graduation and college admission. All

AEF Summer High School courses are taught by credentialed teachers, most of whom teach at AUSD schools during the regular school year.

After March 1, students and parents may register for any AEF K-12 summer course by coming to the AEF office, located at 1515 W. Mission Road, Alhambra (cross street is Marengo). K-8 Summer Academy course catalogs and registration forms were sent home with all AUSD elementary students in February, are available at all AUSD school sites, and at the AEF office. Summer High School catalogs and registration forms are available at all AUSD high school counseling offices, and also at elementary sites. AEF Catalogs, which contain more information about available courses and tuition fees, are also available for download from the AEF website at [www.aef4kids.com](http://www.aef4kids.com).

The Alhambra Educational Foundation, a 501(c)(3) non-profit organization, is the official fundraising partner of the Alhambra Unified School District. Since its inception in 1993, AEF has donated more than \$1.5 million to the District to provide funding for a variety of educational programs, curriculum and equipment that benefits all students and schools. All proceeds from AEF’s fundraising efforts, including the summer program, benefit the schools and students of AUSD and the current “Music & More” campaign. The Foundation’s mission is to provide vital enrichment and educational opportunities to all of AUSD’s students. For more information, please go to [www.aef4kids.com](http://www.aef4kids.com) and follow AEF on Facebook.

## Tickets Now on Sale for AEF’s 10th Annual Service to Education Awards Dinner & Gala on Saturday, March 29, 2014

Hilton Los Angeles/San Gabriel will serve as Presenting Sponsor and host of community-wide celebration of AUSD schools

February 13, 2014 – The community party of the year — Alhambra Educational Foundation’s 10th Annual Service to Education Awards Dinner & Gala — is coming up on Saturday, March 29, 2014 at the Hilton Los Angeles/San Gabriel. All AUSD parents, community members, teachers and staff are invited to attend this celebration of our community and AUSD schools. Individual ticket reservations (at \$60 each) and Business Sponsorship packages are now being accepted, through March 20.

The Hilton Los Angeles/San Gabriel, with their generous donation of \$10,000 to the Foundation, is proud to serve as the event’s exclusive “Crown Jewels” sponsor. Additional sponsors include Diamond Sponsors ML Architecture and The Ratkovich Company (The Alhambra), and Platinum Sponsor George K. Baum & Company. More than 500 community members are expected to attend the event.

This year, AEF will honor distinguished people and organizations that have made a significant, positive impact on local education. AUSD’s four talented and devoted elementary school band and orchestra teachers — Dave Batti, Lisa Jones, Jim Hamilton and Julie Sorensen — have been selected as the “Education” honorees for their dedication to instructing and inspiring the love of music in AUSD’s 4th-8th grade students. The Alhambra Council of PTAs has been named as AEF’s “Community Organization” honoree for the group’s 95 years of service to the students and schools of AUSD.

The “Business” honoree is longtime AUSD architect and school supporter Mun Leu of ML Architecture, Inc. Mr. Leu has designed and managed the construction of many of AUSD’s district and school site buildings erected in the past few years, including AUSD’s new central kitchen. Honored as AEF’s “Community Volunteer” awardee is parent and school volunteer Keith Matsuda, who currently serves as President for both the Brightwood Elementary PTA and the Mark Keppel High School Alliance, as well as Founder and President of the MKHS

Aquatic Boosters organization. Mr. Matsuda, the parent of two AUSD students, has dedicated himself to ensuring excellence in education at both the primary and secondary levels.

In addition, the Gala event will include dancing to the live band “Hard Rain” featuring none other than AUSD’s own music impresario, Dave Batti. Mr. Batti will perform with the band as they play party music and classic rock that will sure to have the dance floor packed. A sumptuous silent and live auction will round out the evening, with a variety of auction items available, from tickets to sporting events to vacation packages.

Tickets can be purchased for the event on the AEF website at [www.aef4kids.com](http://www.aef4kids.com), or by calling the AEF office at (626) 943-3080. Sponsorship opportunities are also available for all, and range from the Diamond Sponsorship at \$5,000 to the Bronze Sponsorship at \$300. Sponsorship packages include event tickets, ads in the program book, and various promotional opportunities through the Foundation.

Currently, AEF is raising funds for their District-wide “Music & More” campaign to provide educational and enrichment programs at all AUSD schools, including a new Music Instruction program for all K-3 students, and the addition of a College and Career Counselor at AUSD high schools. All proceeds from the Gala will support the “Music & More” campaign, which is set to be implemented in AUSD schools in the 2014-15 school year.

The Alhambra Educational Foundation, a 501(c)(3) non-profit organization, is the official fundraising partner of the Alhambra Unified School District. All proceeds from AEF’s fundraising efforts, including the summer school program, the annual Service to Education dinner gala, AEF’s annual appeal, and the Taste of Alhambra community event, benefit all the schools and students of AUSD. For more information or to make a tax-deductible donation to AEF, please go to [www.aef4kids.com](http://www.aef4kids.com) and follow AEF on Facebook.



City of Monterey Park  
**SPIRIT**

Community Meeting  
社區會議  
Reunión de la Comunidad

1:30 PM to 3:00 PM  
Thursday, March 13, 2014

INEZ AV	MCPHERSON AV	WEMERSON AV
WGARVEY AV		GARFIELD AV

Langley Senior Citizen Center  
400 W. Emerson Ave., Monterey Park

Refreshments provided  
備有茶點  
Se servirán refrescos

Come provide your input to proposed changes to the Spirit Bus  
關於Spirit社區公車改變行車路線的論題，請提供你(們)寶貴的建議  
Usted está invitado a dar sus comentarios sobre los cambios propuestos en la ruta del autobús “Spirit”

Questions? Please call  
如果您有任何疑問，電話  
¿Preguntas? Llamar por teléfono  
(626) 307-1320



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Alice S. Lim - Realtor

**IT'S A CELEBRATION OF OUR COMMUNITY  
AND AUSD SCHOOLS!**  
**YOU ARE INVITED TO JOIN YOUR FRIENDS,  
NEIGHBORS AND COLLEAGUES FOR**



AEF's 10<sup>TH</sup> ANNUAL  
**SERVICE TO EDUCATION  
 AWARDS DINNER & *Gala***  
 A NIGHT FOR MUSIC

PRESENTED BY HILTON LOS ANGELES/SAN GABRIEL 

**FINE FOOD › COCKTAILS › DANCING  
 SILENT & LIVE AUCTIONS**

Dancing to "Hard Rain" Featuring Dave Batti

**SATURDAY, MARCH 29, 2014  
 6:00PM - 11:00PM**

**HILTON LOS ANGELES/SAN GABRIEL**  
 225 W. VALLEY BLVD., SAN GABRIEL  
 INDIVIDUAL TICKETS: \$60

**HONORING OUR COMMUNITY'S DEDICATED  
 VOLUNTEERS AND LEADERS:**



**EDUCATION**

**AUSD ELEMENTARY MUSIC TEACHERS**  
 DAVE BATTI › JIM HAMILTON  
 LISA JONES › JULIE SORENSEN



**BUSINESS**

**MUN LEU**  
 ML ARCHITECTURE



**COMMUNITY VOLUNTEER**

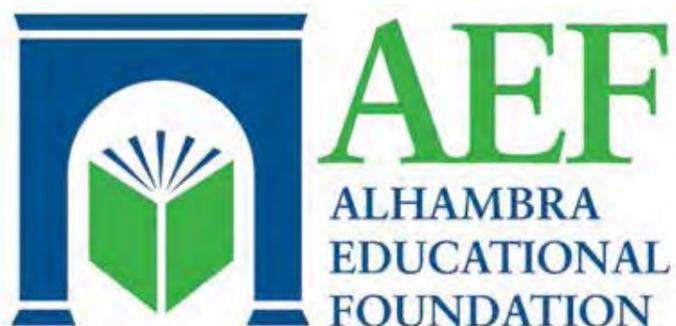
**KEITH MATSUDA**  
 BRIGHTWOOD AND MKHS VOLUNTEER



**COMMUNITY ORGANIZATION**

**THE ALHAMBRA COUNCIL OF PTAS**

Make your reservations today for this fun evening celebrating the schools and students of Alhambra Unified School District!  
 Please call  
 (626) 943-3080  
 or email [info@aef4kids.com](mailto:info@aef4kids.com) to reserve your tickets,  
 or make your reservations online at  
[www.aef4kids.com](http://www.aef4kids.com)  
*Sponsorship Opportunities Available*



**Supporting Our Students, Building Our Community.**

*AEF is the official fundraising partner of the Alhambra Unified School District, and a 501(c)(3) nonprofit organization.*



# ALHAMBRA EDUCATIONAL FOUNDATION 2014 K-8 SUMMER ACADEMY

### MORNING CLASSES

**KINDERGARTEN - 3<sup>RD</sup> GRADE**  
8:30-12:45 - \$450 for regular registration (self-contained classes)

- Getting Ready for Kindergarten
- Bridge to First Grade
- Jumpstart to Second Grade
- Third Grade - Here I Come!

**GRADES 4-8**  
8:30-10:30 AND 10:45-12:45  
\$225 per class for regular registration

A variety of new classes and old favorites, including

- Robotics
- Computers/Technology
- Literature through Movies
- Beginning Journalism
- Reading Workshops
- Getting Ready for 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade Math
- Mad Scientist!
- Marine Biology
- Arts & Crafts
- Intro to Spanish Language & Culture

*\*All class enrollment is first come, first served. Additional courses may be added; all courses subject to cancellation due to low enrollment.*

**Lunch provided at no cost to all students.**

**SUMMER ACADEMY DATES:**  
June 9 - July 17

4 days per week program, Monday - Thursday

**SUMMER ACADEMY LOCATION:**  
Ynez School

120 S. Ynez Ave. Monterey Park

**Mark Keppel High School**  
(Grades 4-8 afternoon classes)  
501 East Hellman Ave. Alhambra

**ON-GOING REGISTRATION:**

**Mondays - Thursdays at**  
Alhambra Educational Foundation Office  
1515 W. Mission Road, Alhambra, CA  
9:00am - 4:00pm

Catalogs & Registration Forms have been sent home with all K-8 AUSD students, and are also available in all AUSD elementary school offices, and in the AEF office. Catalogs are also available on the AEF website at [www.aef4kids.com](http://www.aef4kids.com)

Afternoon Bus transportation from Ynez to Mark Keppel High School available for \$15/child

### AFTERNOON CLASSES

**Regular Registration: 1:30-3:30 Music: \$75**  
**Basketball (3 wks) & 3:30-5:30 Music: \$125**  
**All other afterschool: \$270**

**GRADES 2-3**  
1:30-3:30 at Ynez School

- Exploring Art, Music & Technology
- Cooking & Culture Around the World

**GRADES 4-8**  
1:30-3:30 at Mark Keppel High School

- Beginning Band
- Middle School Band
- Beginning Strings
- Intermediate Strings
- Advanced String Orchestra
- Basketball clinic (two 3-week sessions)
- Creative Fun with Math & Art (4<sup>th</sup> & 5<sup>th</sup> only)

**GRADES 6-8**  
1:30-3:30 at Mark Keppel High School

- Culinary Arts
- Theatre Arts/Drama

**3:30-5:30 at Mark Keppel High School**

- School of Rock
- World Music Drumming

## 2014 SUMMER HIGH SCHOOL PROGRAM

For Incoming 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> Grade Students

### ALHAMBRA HIGH SCHOOL

101 S. 2<sup>nd</sup> Street Alhambra, CA 91801

#### COURSES OFFERED:\*

##### Math

- Getting Ready for Math 1 (9<sup>th</sup> grade only)
- Algebra 1 (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)
- Geometry (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)
- Algebra II (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)
- Trigonometry/Pre-Calculus (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)

##### Science

- Chemistry (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)
- Biology (9<sup>th</sup>-12<sup>th</sup>)
- Environmental Sciences (9<sup>th</sup>-12<sup>th</sup>)

##### Social Sciences (all classes 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> only)

- World History
- U.S. History
- American Government (5 credits)
- Economics (5 credits)

##### English/Language Development

- English 1/2, 3/4, 5/6 Make-up

##### Elective Courses:

- Expository Writing for College & Career (9<sup>th</sup>-12<sup>th</sup>)
- Speech & Debate (9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)
- SEI/English Language Development

*\* Additional courses may be added; all courses are subject to cancellation due to low enrollment. All classes 10 credits unless otherwise noted. Some courses require pre-requisites and prior teacher approval. See course catalog for details.*

#### Summer High School Dates:

**Monday, June 9 - Thursday, July 17**  
7:30am - 12:55pm & 1:45pm - 4:00pm  
6 weeks, 4 days per week program,  
Monday - Thursday



#### Afternoon Enrichment (credits not offered)

- SAT Test Preparation (11<sup>th</sup> & 12<sup>th</sup> only)
- College Road Trip - Essay Writing, College Research (11<sup>th</sup> & 12<sup>th</sup> only)
- Getting Ready for the CAHSEE Test (10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>)
- Strings Conservatory (9<sup>th</sup>-12<sup>th</sup> @ MKHS): \$150

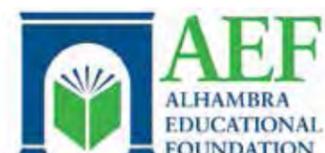
#### REGISTER TODAY FOR ALL COURSES

After March 1, all students will register at:

**Alhambra Educational Foundation Office**  
1515 W. Mission Road, Alhambra, CA  
9:00am - 4:00pm

#### REGULAR TUITION RATES:

- 10 unit course \$450
- 5 unit course \$225
- Enrichment \$450, \$375, \$150



1515 West Mission Road  
Alhambra, CA 91803

[www.aef4kids.com](http://www.aef4kids.com)

For further information, please call  
**626-943-3080**

# Featured Stories in Chinese and Spanish

## 蒙特利公園市農夫市場： 春季水果和蔬菜到了！

冬天快要過完了，意味著春天快來臨了(3月20日是春天的第一天)。農夫市場一向都是四季變化的好標記。在當地蒙特利公園市農夫市場裡，有一些春季好標誌給您：洋蔥，蘆筍，蠶豆，豌豆，白蘿蔔，櫻桃及番石榴等眾多蔬菜水果！快來嚐嚐春天的味道。使用我們市場配對計劃的EBT和WIC補助者，不要忘了有可能獲得\$10元免費補助資金。

### 歡迎參與猜一猜蔬菜比賽



測試您對水果和蔬菜方面的知識，從農夫市場裡贏取一籃新鮮的水果和蔬菜。2月正確答案為韭蔥。這個月祝大家幸運！這是什麼蔬菜？

提示：在經典的春季裡，這類蔬菜大多數都是綠色，但有一些會有紫色或白色。請在3月7日前把正確答案電郵至montereyparkFM@gmail.com，我們將會

從眾多參賽者裡抽出一位幸運得主！

### 農夫市場每月提示

洋蔥是品嚐春天的另一個好食材！在買洋蔥時，要尋找以下特徵：莖頭緊閉，葉子緊密，層數緊湊，整個洋蔥牢固又重的，才是好洋蔥。儲藏方式：把根部切成四分之一寬，灑點水在根部，然後裝在真空塑膠袋裡，存放在冰箱內。最好在購買後5-7天內使用。

如需更多好提示，請在臉書上關注我們(montereyparkFM)，瀏覽網站www.montereyparkfm.com，或與我們聯繫，電郵至montereyparkFM@gmail.com。

無論是雨天還是晴天，農夫市場照常運作，在每月週五下午4點至晚上8點，在市政廳附近及圖書館旁開放營業，地址：318 S. Ramona Ave。

## Mark Keppel高中在洛杉磯縣學術十項全能中獲得第一名好成績

本文章由Mark Keppel高中的學術十項全能隊的Chaney Tse(隊長)和Patrick Chea所提供

Mark Keppel 高中在洛杉磯縣學術十項全能比賽中獲得了第一名，在最高可達65,400的分數中，獲得了46,723.7的好成績。他們比處在第二位的南帕薩迪那高中所得的46,687.4分，多得了36.30分。阿罕布拉高中則獲得了第七名，總分為43,586.7分。這三個隊，將與其餘九個隊伍一起，參加於3月20至23日在州府沙加緬度(Sacramento)舉行的加州學術十項全能比賽。

去年的比賽，比佛利山高中拿了第一名，而當時 Mark Keppel 高中只獲得了第四名，到今年Mark Keppel高中拿到了冠軍席位，這是一個明顯的進步過程。但比佛利山高中卻時轉運逆，在今年獲得了第四名。在 Tin Tran 教練的指導下，Mark Keppel 高中隊的好成績提高了2,000分，並在阿罕布拉聯合校區中獲得了工作人員支持，毫不保留地說，如 Mark Keppel 高中校長 Jacinth Cisneros。參賽校隊成員包括Chaney Tse, Annette Cai, Jourdyn Lao, Patrick Chea, Eric Lin, Lisa Fong, JOSHUA Bustamante, Lin Tian和Isaac Vazquez。

Keppel隊為學校寫下了記錄，獲得了30面個人獎牌(12面金牌，9面銀牌和9面銅牌)。獎牌在每個科目中取得。Tran教練說：“學生們想要證明這30面獎牌代表了全體隊員的努力，而不僅僅是任

何一個學生的成績。”在超級測試活動，Keppel高中和南帕薩迪那高中，以及比佛利山高中並列第二名，阿罕布拉高中獲得第三名。

來自阿罕布拉高中隊的Bonnie Lam，在前三名最高全能成績中，以個人最多10,000分中獲得8,294.6分，取得了第三名好成績。

聖蓋博高中隊，在級別III區(Keppel和阿罕布拉高中在級別I區)，獲得了7,561分，同時在超級測試中獲得第二名，是自去年以來，獲得進步最快的學校之一。聖蓋博高中的出色表現，使他們可以進階級別II區。

學術十項全能由十項不同學術科目組成，包括有：藝術，經濟，作文，訪問，語言文學，數學，音樂，即時演講，科學，以及社會科學(這些科目，圍繞今年主題第一次世界大戰而進行)。除了數學以外，與之相關的超級測試內容也由這些科目組成。一般來說，學術隊由9位成員組成，在學術接力場上建立一個學術級別與所有其他競賽者比賽，這九個人將分為三人一組，在三個類別上進行比賽：榮譽(無負擔GPA3.75-4.00)，學者(3.00-3.74)，以及大學代表隊(少於3.00)。每個類別，只有名列前茅的頭兩名分數，可算進隊伍的最終成績裡。

## 蒙特利公園市警察局 提供資源協助無家流浪遊民

由蒙特利公園市警察局John Martindale警官撰寫

雖然不會經常出現在蒙特利公園市，但像靠近聖蓋博山谷的大多數城市裡，確實有大量住在街道上的無家流浪遊民。在2011年，洛杉磯流浪者服務權估計在聖蓋博山谷的流浪者，大約有3,918人。雖然，蒙特利公園市沒有住著大量的無家可歸者，但這些遊民確實存在。根據在Weingart中心的流浪者與窮困者研究學院報告指出，在年間某段時期，洛杉磯縣包括男，女，兒童，估計有254,000名流浪者，有接近82,000人在特定夜是無家可歸的。

作為承諾的一部分，社區無家可歸的成員，與社區其他成員一樣，將會獲得同樣級別的服務質量，蒙特利公園市警察局搶先行動，向無家可歸的人士提供協助。為了把警察部資源提供給那些需要協助的流浪遊民，問題導向警務隊，已經著手處理涉及無家可歸者的大部分問題。

為蒙特利公園市警察局社區關係部解決問題的問題導向警務隊，是為了我們社區居民所關注的生活質量問題而建立的。作為責任的一部分，他們經常與無家可歸的人工作，與居民，商家業主和其他政府部門，以及外來服務供應商一起商議，為引起他們關注的問題，尋求更好的解決辦法。由於大約25%的流浪者帶有精神疾病，警察官員和工作員都受過洛杉磯縣精神康復部門的培訓，能更好地理解他們，用資源裝備協助他們治療精神疾病。透過監獄局，警察局或領域官員建立了無家可歸資源指南給流浪者。指南上列出大量資源如流浪者收容所地點，食物銀行，以及醫療服務輔助。若您想諮詢任何有關流浪者問題，或希望獲得更多相關信息，請與流浪者蒙特利公園警局聯繫專員Danny Salazar聯繫，電話：626-307-1218，或致電626-307-1215，與社區關係部門其他成員聯繫。

## El Mercado del Agricultor de Monterey Park: ¡Frutas y verduras de la primavera están por llegar!

El invierno está llegando a su fin, y eso significa que la primavera se nos aproxima (el 20 de marzo es oficialmente el primer día de la primavera). El Mercado del Agricultor es siempre un importante indicador de los cambios en la temporada. En su Mercado del Agricultor de Monterey Park encontrará algunas de las señales de la primavera: alcachofas, espárragos, habas, guisantes, nabos, cerezas, guayabas y mucho más. Venga a probar el sabor de la primavera. Y no se olvide de nuestro gran programa Market Match para los destinatarios de EBT y WIC (potencialmente \$10 gratis para usar en el mercado).

### CONCURSO DE ADIVINA EL VEGETAL

¡Ponga a prueba sus conocimientos de frutas y verduras para ganar una cesta de frutas frescas y verduras del mercado! La respuesta correcta para febrero fue puerro. ¡Buena suerte para este mes! ¿Qué verdura es ésta? Sugerencia: La mayoría de las variedades de esta verdura de primavera son verdes, pero algunas pueden ser de color violeta o blanco. Envíe la respuesta correcta a montereyparkFM@gmail.com antes del 7 de marzo y vamos a

seleccionar un afortunado ganador.

### SUGERENCIA DEL MERCADO DEL AGRICULTOR PARA ESTE MES

Las alcachofas son otro sabor magnífico de la primavera. Al comprar alcachofas, busque las siguientes: cardos con cabezas cerradas y hojas que forman capas compactas y apretadas. Toda la alcachofa debe ser firme y pesada para su tamaño. Para almacenar, corte un cuarto de ancho del tallo, rocíe el tallo con agua y refrigérela en una bolsa de plástico hermética. Es mejor que se consuma dentro de 5-7 días tras la compra.

Para obtener más consejos e información, síganos en Facebook @montereyparkFM, visite el sitio web en www.montereyparkfm.com, o póngase en contacto con nosotros en montereyparkFM@gmail.com.

El Mercado del Agricultor de Monterey Park está abierto llueva o truene todos los viernes de 4 a 8 pm en el 318 S. Ramona Ave., entre la biblioteca y el ayuntamiento.

## La Escuela Secundaria de Mark Keppel ganó el primer lugar en el Decatlón Académico del Condado de Los Angeles

Este artículo fue escrito por Chaney Tse (Capitán del equipo) y Patrick Chea, los dos jugadores principales del equipo de Decatlón Académico de la Escuela Mark Keppel.

La Escuela Secundaria de Mark Keppel aseguró su primer puesto en el Decatlón Académico del Condado de Los Angeles, obteniendo 46,723.7 de un máximo de 65,400 puntos. Venció a la Escuela Secundaria de South Pasadena con sólo 36,3 puntos, cuyo equipo adquirió 46,687.4 puntos. La Escuela Secundaria de Alhambra se colocó en el séptimo lugar, con un total de 43,586.7 puntos. Los tres equipos, junto con otros nueve equipos, pasarán a las finales de Estados Unidos, que se llevará a cabo del 20 al 23 de marzo en Sacramento.

Subir al primer puesto le da a Mark Keppel un notable progreso comparado con el año pasado, en que el equipo finalizó en el cuarto lugar y el campeonato lo ganó la Escuela Secundaria de Beverly Hills. Este año la suerte se cambió. Mark Keppel derrocó a Beverly Hills, que se quedó solamente en el cuarto. Dirigido por el entrenador Tin Tran, el equipo de Mark Keppel consiguió unos 2,000 puntos más. Además, no se debe subestimar el apoyo del personal del Distrito Escolar Unificado de Alhambra como, el director de Mark Keppel, Jacinto Cisneros. Los miembros del equipo son: Chaney Tse, Annette Cai, Jourdyn Lao, Patrick Chea, Eric Lin, Lisa Fong, Josué Bustamante, Lin Tian e Isaac Vázquez.

El equipo de Keppel ganó 30 medallas individuales (12 de oro, 9 de plata y 9 de bronce), lo cual ha hecho un nuevo récord en la historia de la escuela. Las medallas fueron recibidas en todos los temas. "Los estudiantes esperan que se sepa, que estas 30 medallas se deben al esfuerzo conjunto del equipo, y que no sólo es el reflejo de los individuos," dijo el entrenador Tran. En el Super Quiz, Keppel empató en el segundo lugar con South Pasadena

y Beverly Hills. La Escuela Secundaria Alhambra obtuvo el tercer puesto.

Bonnie Lam del equipo de la Escuela Secundaria de Alhambra fue reconocida como uno de los tres mejores decatlonistas del evento, que logró ubicarse en el tercer lugar con un total de 8,294.6 puntos de un máximo de 10,000 puntos.

El equipo de la Escuela Secundaria de San Gabriel, que compitió en el nivel III de la división (Keppel y Alhambra compitieron en la división I), fue reconocido como uno de los equipos con mayor progreso. Conquistaron 7,561 puntos más que el año pasado y ganó el segundo puesto en el Super Quiz. Por su éxito San Gabriel logró subir a la división II.

El Decatlón Académico (ACADEC) se forma de una serie de diez actividades en diferentes disciplinas académicas, consistentes en los siguientes: Arte, Economía, Ensayo, Entrevista, Lengua y Literatura, Matemáticas, Música, Discurso, Ciencias y Ciencias Sociales (estas disciplinas van con el tema principal de este año, que es la Primera Guerra Mundial). El concurso concluyó con un Super Quiz en relevos que consta de preguntas de cualquiera de las posibles disciplinas, con exclusión de matemáticas. Un equipo normal de ACADEC se forma de nueve miembros, con propósito de crear un campo justo de juegos académicos para todos los participantes. Estos nueve participantes se dividen en tres categorías con tres por categoría: Honores (GPA de 3,75 a 4,00), Escolástico (3,00 a 3,74), y Universitarios (menos de 3,00). Sólo los dos mejores puntajes de cada categoría se cuentan en la calificación final.

## Departamento de Policía de Monterey Park ofrece recursos para ayudar a las personas sin hogar

Por Sargento John Martindale, Departamento de Policía de Monterey Park

A pesar de que puede ser no muy evidente para los que viven en la ciudad, Monterey Park, como la mayoría de las ciudades del Valle de San Gabriel, sí tiene una cantidad de personas sin hogar que viven en las calles. La Autoridad de Servicios para Desamparados de Los Angeles estima que, en 2011, había 3,918 personas desamparadas en el Valle de San Gabriel. Aunque en Monterey Park no hay una gran población de desamparados que viven en la ciudad, de todas formas si hay. Según el Instituto para el Estudio de la Falta de vivienda y la Pobreza en el Centro Weingart, se estima que 254.000 hombres, mujeres y niños se encuentran sin hogar en el Condado de Los Angeles durante algún período en el año y aproximadamente 82.000 personas no tienen vivienda alguna para alojarse en una noche cualquiera.

Como parte de su compromiso de que los habitantes desamparados de la comunidad gocen de servicios del mismo nivel y calidad ofrecidos a los demás habitantes de la comunidad, el Departamento de Policía de Monterey Park ha tomado medidas proactivas para ayudar a los que se encuentran sin hogar. Con el fin de hacer el Departamento de Policía de un recurso para los que están buscando ayuda, el Equipo Policial, orientado a resolver problemas, se ha encargado de dirigir la mayoría de los asuntos relacionados con los desamparados.

El Equipo Policial, orientado a resolver problemas, que es parte del Buró de Relaciones Comunitarias del Departamento de Policía de Monterey Park, fue creado con el propósito de enfocarse en la calidad de vida de los residentes de nuestra comunidad. Como parte de su deber, trabajan a menudo con los desamparados, en conjunto con los residentes, propietarios de negocios, y otros departamentos de la ciudad y los proveedores de servicios externos para llegar a una resolución cuando los problemas llamen su atención. Como aproximadamente el 25 % de las personas sin hogar también tienen enfermedades mentales, los policías y empleados civiles han sido entrenados por el Departamento de Salud Mental del Condado de Los Angeles para equiparse mejor con conocimientos y recursos para ayudar a las personas con enfermedades mentales. Con la ayuda del Buró de la Cárcel, se elaboró una guía de recursos para los desamparados y está disponible para las personas desamparadas en la comisaría, o pueden conseguirse a través de los agentes en el campo. En esta guía se encuentran numerosos recursos, tales como refugios para desamparados, bancos de alimentos y servicios médicos. Si usted tiene alguna duda o desea información adicional, por favor póngase en contacto con Danny Salazar, Oficial de Enlace para los Desamparados en el 626 307-1218 o con cualquier otro trabajador del Buró de Relaciones Comunitarias en el 626 307-1215.



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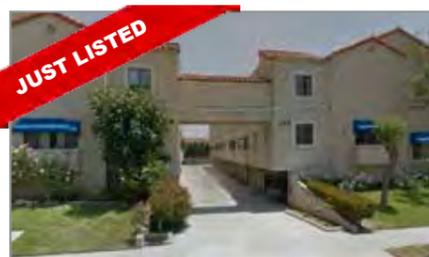
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