



# The Monterey Park Cascades



Volume XVI, No. V

Citywide News for Business, Community and Education

June 2017

## Local Schools Turn Roadside Objects into Works of Art

The City of Monterey Park would like to thank and congratulate the following schools for their participation in the MPK Electrical Box Works of Art program. The MPK Electrical Box Works of Art program is focused on working with local schools to promote art and creativity in our youth. If you are interested in participating, please contact your local school.



Decorated electrical/utility box on Elmgate Street at Garfield Avenue. Thank you to Macy Intermediate School, Principal Zavala, teachers and student volunteers for participating in the MPK Electrical Box Works of Art program.



Decorated electrical/utility box on Ramona Avenue at Garvey Avenue. Thank you to St. Stephen Martyr School, Principal Arellano, teachers and student volunteers for participating in the MPK Electrical Box Works of Art program.

中文版第18頁  
Español Pagina 18

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

## Free Movies and Music Electrify the Parks

Enjoy summer nights in the parks with free screenings and concerts

The City of Monterey Park is presenting hit movie screenings and fantastic live concerts in the parks all summer long. And best of all, they're free.

Free screenings of some of your family's favorite recent Hollywood hits begin June 9 and run through August 4 at various rotating parks. Moviegoers are encouraged to bring blankets and chairs and sit on the grass, enjoy some complimentary popcorn and watch our giant screen. All screenings begin at sunset. Summer movie nights are presented by the Community Participation and Recreation & Parks Commissions.

Date	Film	Location	Time
June 9	"Sing"	George Elder Park	Sunset
June 23	"Rogue One"	Garvey Ranch Park	Sunset
July 7	"La La Land"(PG-13)	Cascades Park	Sunset
July 21	"The LEGO Batman Movie"	Sequoia Park	Sunset
August 4	"Finding Dory"	Barnes Park Pool	Sunset

Free summer concerts will run from June 11 to August 13 at the Barnes Park Amphitheater.

Date	Performer	Location	Time
June 11	Video Star (80s music)	Barnes Park Amphitheater	6 p.m.
July 4	Various live groups plus fireworks	Barnes Park Amphitheater	4-9 p.m.
August 13	Bulletproof Soul (R&B, funk and top 40)	Barnes Park Amphitheater	6 p.m.

For more free summer movies and concerts information please see the ads in this edition of the Cascades Newspaper, visit [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov) or contact recreation at 626-307-1388.



From the Monterey Park Fire Department...

## Maintaining Property "The Right Way"

Each year the Monterey Park Fire Department responds to fires started by residents using equipment the wrong way

With the large amounts of rainfall Monterey Park received this past winter, vegetation growth will be more predominant than in previous years. Maintaining the growth on your property is known as "creating a defensible space."

For those homes situated on a hillside, that defensible space can help reduce the potential for fire spread. However, ensuring that you are clearing away that growth on your property the proper way is very important. Are you doing the right thing the wrong way? For example, trying to eliminate the fire hazards around your home and in the process, starting a brush fire?

Whether working to create a defensible space around your home or just mowing the lawn, if you live in a brush area you need to use all equipment responsibly. Lawn mowers, weed eaters, chainsaws, grinders, and trimmers can all spark a brush fire. Do your part, the right way, to keep your community fire safe.

Here's how to do it the right way:

- Do all yard maintenance that requires a gas or electrical motor before 10 a.m. Not in the heat of the day, or when the wind is blowing.
- Lawn mowers are designed to mow lawns. Never use lawn mowers in dry vegetation.
- Use a weed trimmer to cut down dry weeds and grass.
- Remove rocks in the area before you begin operating any equipment. A rock hidden in grass or weeds is enough to start a fire when struck by a metal blade.
- In brush areas, spark arresters are required on all portable gasoline powered equipment including tractors, harvesters, chain saws, weed eaters, mowers, motorcycles, and All Terrain Vehicles (ATVs).
- Keep the exhaust system, spark arresters and mower in proper working order and free of carbon buildup. Use the recommended grade of fuel and don't top off.
- Keep the engine free of oil and dust, and keep the mower free of flammable materials.
- Keep a cell phone nearby and call 911 immediately in case of a fire.

### Warm Weather Means Mosquitoes

Dengue, Yellow Fever, Chikungunya, and Zika are diseases caused by viruses that are spread through mosquitoes

As summer approaches, so does mosquito season in Los Angeles County. As the weather temperature increases, the population of

mosquitoes also increases. A new disease threat associated with mosquitoes has gained international attention in recent months. That threat is the Zika Virus. While research indicates that the Zika threat is not present in Northern America, precautions should still be taken to help prevent mosquito infestations.

The first step is understanding what threat mosquitoes pose to you and your community. Just a few infected mosquitoes can create large outbreaks in your community and put your family at risk of getting sick. Dengue, Yellow Fever, Chikungunya, and Zika are diseases caused by viruses (germs) that are spread mostly through the Aedes mosquitoes. The Yellow fever mosquito or Aedes mosquito and the Asian tiger mosquito are the two prevalent types of mosquitoes in this region. Mosquitoes can go from egg to adult in as little as seven days and require stagnant, dirty water to go through their life cycle.

Homeowners can control mosquitoes outside the home by eliminating standing water. Once a week, empty and scrub, turn over, cover, or throw out any items that hold water. Tightly cover water storage containers so mosquitoes can't get inside to lay eggs. You can kill mosquitoes outside the home by using insect spray made to kill mosquitoes where they rest. These areas are typically dark and humid areas. Always follow label instructions when using insect spray.

Controlling mosquitoes inside the home is very similar to that of the outside. Eliminate potential standing water like vases and flowerpot saucers. Make sure windows have screens and repair any holes in those screens that could potentially allow mosquitoes in. When using an indoor insect fogger or spray, make sure to follow label instructions.

Protect you and your family when outdoors by using bug spray that is Environmental Protection Agency (EPA) approved with ingredients such as DEET, Picaridin, IR3535 or oil of lemon eucalyptus para-menthane-diol. Be sure to wear light-colored, long, loose clothing such as long sleeve shirts and pants when outdoors. Please keep in mind that mosquitoes can bite through thin or tight clothes.

Help prevent the breeding and spreading of mosquitoes by reporting areas where many mosquitoes live. You can contact the San Gabriel Valley Mosquito & Water Control District at 626-814-9466 or visit [www.sgvmosquito.org](http://www.sgvmosquito.org).



**CITY OFFICIALS**

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

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

Ron Bow, Interim City Manager  
 Mark Hensley, City Attorney

# Monterey Park Celebrates America on July 4

Independence Day festivities begin at 3 p.m. Free fireworks show at 9 p.m.



**Schedule, Tuesday, July 4**

3:00 p.m. Food booths open, games begin  
 4:00 p.m. Monterey Park Concert Band  
 5:15 p.m. New citizens, military families, and dignitaries  
 6:00 p.m. Notes for Notes – Edwin Alvarez  
 7:30 p.m. Caught Looking  
 9:00 p.m. Fireworks spectacular. Ramona Avenue will be closed at approximately 8 p.m. until the conclusion of the fireworks.

Monterey Park will celebrate our American Independence Day holiday on Tuesday, July 4 from 3 to 9 p.m. at Barnes Park. This community event features concerts, food and fun for the entire family. Free entertainment at the Barnes Park Amphitheater includes the Monterey Park Concert Band; and other live music; as well as local dignitaries and other special guests. Also featured will be recognition of military families and new U.S. citizens. The fun filled day will conclude with the annual free fireworks show at 9 p.m. Be aware the fallout zone has increased and surrounding streets (McPherrin, Harding and Ramona Aves) will be closed from 5-11 p.m. to be made available for the City's Firework show viewing.

The public's and businesses' assistance in helping the city to continue to provide this free event to the community is greatly valued. If you or your business is interested in making a donation to- or becoming a sponsor of- this popular community celebration, please contact the Recreation Department at 626-307-1388.

New U.S. citizens and military families are encouraged to contact the recreation department to be included in the program. Fourth of July event and sponsorship information is available on the city website at [www.montereypark.ca.gov](http://www.montereypark.ca.gov) – just search for Fourth of July. Barnes Park is located at 350 S. McPherrin Avenue in Monterey Park.

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

**CITY COUNCIL**

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

**COMMISSION ON AGING**

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

**BUSINESS IMPROVEMENT DISTRICT ADVISORY COMMITTEE**

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

**COMMUNITY PARTICIPATION COMMISSION**

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

**DESIGN REVIEW BOARD**

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

**ECONOMIC DEVELOPMENT ADVISORY COMMISSION**

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

**ENVIRONMENTAL COMMISSION**

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

**LIBRARY BOARD OF TRUSTEES**

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

**PERSONNEL BOARD**

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

**PLANNING COMMISSION**

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

**RECREATION & PARKS COMMISSION**

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

**SISTER CITIES COMMISSION**

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

**TRAFFIC COMMISSION**

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

For more information please visit the community calendar at [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov)

## City Hall Frequently Used Phone Numbers

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

For additional numbers please visit the city directory at [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov)

## City Hall Hours

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

## City Events Calendar

June 7	Regular City Council Meeting, 7 p.m., City Hall Council Chamber.
June 9	Free Summer Movie: "Sing," 8 p.m., George Elder Park.
June 11	Free Summer Concert: Video Star (80s Music), 6 p.m., Barnes Park Amphitheater.
June 12-14	City Budget Hearings, 6 p.m., City Hall Council Chamber.
June 20	City Council Guests & Presentations Meeting, 6 p.m., City Hall Council Chamber.
June 21	Regular City Council Meeting, 7 p.m., City Hall Council Chamber.
June 23	Summer Movie: "Rogue One," Sunset, Garvey Ranch Park.

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

## HARMONY SPA



open 9 a.m. to Midnight  
[www.harmonyharmony.com](http://www.harmonyharmony.com)  
 (626)380-8954

321 W. Garvey Ave.  
 Monterey Park, CA 91754

TO SCHEDULE A FREE TRIAL

數學/閱讀/寫作學習中心

TUTORING IN MATH/READING AND WRITING

OPERATION HOURS:

TUESDAY 3:30PM-7:00PM  
 WEDNESDAY 3:30PM-7:00PM  
 THURSDAY 3:30PM-7:00PM  
 SATURDAY 10:00AM-6:00PM

GRADE LEVELS: 1-8

FOCUS ON HOMEWORK ASSIGNMENTS AND PREPARE STUDENTS FOR COMMON CORE

SMALL GROUP TUTORING

EMPOWERING CHILDREN TO REACH THEIR FULL POTENTIAL  
 HAVE FUN IN LEARNING  
 PERSONALIZED TUTORING FOR SUCCESS

7422 Garvey Ave #202, Monterey Park, CA

Tutoria en matematicas, lectura y escritura

HIGH SCHOOL MATH TUTORING

ALGEBRA I  
 ALGEBRA II  
 TRIGONOMETRY  
 CALCULUS

FREE SUMMER ENRICHMENT PROGRAM:

MOBILE APPS DEVELOPMENT LANGUAGE  
 CSS  
 JAVASCRIPTS  
 SPACE IS LIMITED

PLEASE CALL FOR DETAIL

For more information, visit our web page:

[www.elogixacademy.com](http://www.elogixacademy.com)  
[www.facebook.com/elogixacademy](http://www.facebook.com/elogixacademy)

E-LOGIX ACADEMY  
 626 940 5719

# From the Farmers' Market...

### Summer is Here!

With the start of June we celebrate National Fresh Fruit and Vegetable Month. What better time than now to add more seasonal vegetables and fruits to your day? You'll start to notice a variety of light and cooling foods such as, stone fruits, berries, broccoli, cherries, and summer squash. Eating seasonally and fresh-from-the source provides loads of flavor and nutrition.

### Farmers' Market Tip of the Month

There's nothing quite like biting into a ripe, fresh and sweet piece of stone fruit. To ensure you select the best possible piece of stone fruit,

whether it is a peach, apricot, or nectarine, it's important to notice the fruits color, aroma, and texture. For example stone fruit that is under-ripe sometimes have green patches, while older fruit may have wrinkly areas. If you aren't sure which one to pick, just ask the farmer. They are happy to help.

Monterey Park Farmers' Market is open rain or shine every Friday at 318 S. Ramona Avenue from 4-8 p.m. Eligible CalFresh, WIC and SSI customers can receive free farmers' market money through our Market Match program. Keep up with our events calendar on our website. [www.farmermark.com](http://www.farmermark.com).



# Library Assists Hundreds with Passport Applications at Cherry Blossom Festival

Monterey Park Bruggemeyer Library initiated a new strategy to bring awareness to residents on passport services now offered at the library via the LAMP Literacy and Citizenship Program. For the first time ever, passport services were offered at a city event, specifically, the Cherry Blossom Festival.

The idea, first conjured up by Acting Literacy Program Administrator Jose Garcia, took much planning and required approval from the Department of State, but the outcome was a successful service offered to our residents and surrounding communities. With the assistance of City Clerk's Office staff, passport services were offered in the Barnes Park gym at the Cherry Blossom Festival, April 22 and 23.

Appointments were not required, so the demand created long lines and lengthy waiting times, but applicants were very grateful for the opportunity to be served on a weekend and without having to wait weeks for an appointment. 170 applications were processed over the course of the two days.

Passport Services was initiated at the library in January 2016 with only eight hours per week and by appointment only. Today, the LAMP Literacy and Citizenship Program offers 14 hours per week of passport services by appointment only and still encounters a high demand for the service. In the month of April alone, the LAMP program processed a total of 302 passport applications. For more information about Monterey Park Library Passport Services or to make an appointment, please call 626-307-1357.

# Gopher Snakes: Not Dangerous and Non-poisonous

By Captain Kelly Gordon, Monterey Park Police Department

With summer just around the corner, temperatures are rising, and we may start to see Gopher Snakes. Gopher Snakes are one of the most commonly seen snakes in California. Though they are primarily active during the day, they are also active after sundown on hot days. They are often observed crawling across trails and roads, especially in the morning and evenings when daytime temperatures are high. They can also be seen on some of our city's uninhabited rolling hillsides, around human dwellings, including backyards as they are attracted to the rodents that thrive in such areas. The non-venomous Gopher snakes mostly prey on rodents, but also eat birds, eggs, and some lizards. This helps control our rodent populations that dig holes in our hillsides, which can cause erosion during the rainy seasons.

Unfortunately, this harmless and beneficial species is often killed out of fear as it is commonly misidentified as a Rattlesnake. This is due to the fact that Gopher Snakes and Rattlesnakes can look eerily similar to the untrained eye. With similar square or diamond-shaped markings and defensive behaviors, it is easy to see why these two species are often mistaken for each other. For example, a scared Gopher Snake will flatten its head, hiss loudly, and shake its tail rapidly, doing a very convincing Rattlesnake imitation. However, a Gopher snake's head and tail is slender and pointed while a Rattlesnake's Head is shaped like a diamond with a wide and blunt tail. These differences in the snakes' heads are important to note, because some adult Rattlesnakes may lose their rattles. However, while it is a good idea to look out for the triangular head, the best reaction when you encounter a snake is to back off, give it some space, and walk away!



A common Gopher Snake. Gopher Snakes are a harmless and beneficial species that prey on rodents.

CITY OF MONTEREY PARK  
COMMUNITY PARTICIPATION COMMISSION & RECREATION & PARK COMMISSION

Present **Free**

# SUMMER MOVIES

**JUNE 9** GEORGE ELDER PARK SING  
**JUNE 23** GARVEY RANCH PARK ROGUE ONE  
**JULY 7** CASCADES PARK LA LA LAND (PG-13)  
**JULY 21** SEQUOIA PARK LEGO BATMAN  
**AUGUST 4** BARNES PARK POOL FINDING DORY

MOVIES BEGIN AT SUNSET

CITY OF MONTEREY PARK  
RECREATION & COMMUNITY SERVICES DEPARTMENT

Present **Free**

# SUMMER CONCERTS

**JUNE 11** VIDEO STAR 80'S MUSIC  
**JULY 4** LIVE ENTERTAINMENT & FIREWORK SHOW  
**AUGUST 13** BULLETPROOF SOUL R&B, FUNK & TOP 40

BARNES PARK AMPHITHEATRE | 320 W. NEWMARK AVE. | BEGINS AT 6 PM

FOR MORE INFORMATION ON CONCERTS VISIT [WWW.MONTEREYPARK.CA.GOV](http://WWW.MONTEREYPARK.CA.GOV)

# LANGLEY SENIOR CENTER

400 WEST EMERSON AVE., MONTEREY PARK CA 91754 PHONE (626) 307-1395 www.langleycenterconnection.com

### SPECIAL DATES TO REMEMBER:

- June 7, 14, 21, 28 —Notary Services, 12:00noon—2:00pm
- June 8—Housing Rights Center Workshop, 9:00am—11:00am
- June 12—Mature Driver's Class, 8:30am—4:00pm
- June 16—Father's Day BBQ, 11:00am—1:00pm
- June 19—Commission on Aging Meeting, 11:00am
- June 21—CA Science Museum Endeavor Shuttle Trip, 9:00am—4:00pm
- June 22—Financial Elder Abuse Presentation by CA State Department of Insurance, 9:00am—10:30am
- June 6 & 27—Blood Pressure Screening, 9:00am—11:00am
- June 28—San Manuel Casino Trip, 9:30am—5:30pm
- June 28— USC Chinese Caregiver Support Group, 1:00pm—2:30pm
- June 30— Legal Advise for Seniors, 10:00am—12:00noon



### Free Dial-A-Ride Shopping Trip

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

### SENIOR LUNCH PROGRAM

**Monday—Friday**  
**11:00 a.m.—12:15 p.m.**

**Must be at least 60 yrs and older**

Join us for a hot lunch meal in our Main Dining Room. Reservations must be made in advance on Monday from 8:00 a.m. 9:15 a.m. for the following week. Suggested donation \$3.00

### MEALS ON WHEELS

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

### ACTIVITIES, CLASSES AND SERVICES

**BLOOD PRESSURE SCREENING** - June 6 & 27, 2017  
9:00am—11:00am, Provided by CVS Pharmacy and Chinatown Service Center.

**NOTARY** - Virginia Greene, a Notary Public with over 23 years of professional service is available to make your document life easier! Wednesdays, 12 Noon - 2:00 P.M.

**BINGO** - Every Friday from 12:30 P.M. - 4:00 P.M. Doors open at 11:00 A.M., everyone over 18 years of age is invited to play. No children are allowed.

**BINGO** - On the 1st, 2nd, 3rd and 5th Sunday of the month. Doors open at 10:30 A.M., everyone over 18 years of age is invited to play. No children are allowed.

**BRIDGE** - Contract or Duplicate - Mondays and Thursdays, 12:30 p.m. - 3:45 p.m. If you play contract Bridge and are looking for a good group to share an afternoon of bridge with, come join us.

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

**BALLROOM DANCE CLASSES**  
Glenn Yata, Instructor, 6:30 P.M.-9:30 P.M. Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals. Fee: \$5.00 per lesson

Wednesday	7:30 P.M. Regular class	\$7.00
	8:30 P.M. Regular class	\$7.00
	9:30 P.M. Advanced class	\$9.00
Friday	6:30 P.M. Beginner class	\$7.00
	7:30 P.M. Regular class	\$7.00
	8:30 P.M. Practice	\$1.50

**DANCE EVERY TUESDAY**, 1:00 P.M. - 3:30 P.M., Dance to live music performed by Gary and Eric. \$2.50 per person.

**JEWELRY AND WATCH REPAIR** - Wednesday, 8:00 a.m. -11:00 a.m., for repair or estimate.

### TRANSPORTATION SERVICES

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



### 什麼是普英免費接送專車 (DIAL-A-RIDE)?

普英專車接送服務是免費的，專為蒙特利公園市居住年齡在55歲以上長者或者是殘障需求的居民，提供蒙特利公園市內專車接送服務。因醫療方面的預約，蒙特利公園市居民還可享受專車接送服務到，阿罕布拉市，蒙地貝婁市，聖蓋博谷市及其他洛杉磯郡附近相鄰的城市

### MATURE DRIVER'S IMPROVEMENT—June 12 2017

Class held from 8:00 A.M. - 4:00 P.M. Each senior must register in person with a valid California Driver's License. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums \$5.00 FEE includes State Certificate of Completion. For information call (626) 307-1395.

### METRO "TAP CARD"

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

### TAXI COUPONS

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

### SENIOR CLASSES - FREE

#### AMERICAN CULTURE

Explore American life and language. Paul Cheng, Instructor  
Thursday, 1:00 P.M.—4:30 P.M.

#### BEADING CLASS

Small fee for materials used. Francis Lau, Instructor  
Monday, 9:00A.M.-11:00A.M.

#### CHINESE PAINTING

\$25 materials fee. Ping Wen Chiang, Painting Instructor  
Thursday, 9:30A.M.-11:45 Noon

### CHINESE BRUSH PAINTING II

Material fee. Peter Lee, Instructor

Thursday, 9:30A.M.-11:45 Noon

### ENGLISH CONVERSATION

Refine your English language skills in conversation with other students.

Betty Cheng, Instructor

Thursday, 9:15 A.M.-11:30 A.M.

### KARAOKE

Betty Cheng, Instructor

Tuesday, 9:00 A.M. - 12 Noon

### NEEDLECRAFT WORKSHOP

Sew or knit with friends learning new skills or sharing your designs.

Tuesday, 9:00A.M.-11:00A.M.

### LINE DANCING - Main Room

Beginning: Friday 8:45 A.M. - 10:00 A.M.

Instructors: Jeannie Chau, Sandra Lin, Beryl Shieh

Advanced: Monday and Tuesday, 10:00 A.M. - 11:00 A.M.

Instructors: Jeannie Chau, Mary Chan, Beryl Shieh

Beginner: Friday - 9:00 A.M. - 11:00 A.M.

Class Room 2

### YUAN CHI DANCE/TAI CHI EXERCISE

Sandra Lin and Rosa Yee, Instructors

Monday - Tuesday, 8:00 A.M. - 10:00 A.M.

Wednesday - Thursday, 8:00 A.M. - 10:30 A.M.

### MEMORY MAKERS FITNESS

Includes Yuan Chi Dance, Line Dance and Tai

Chi Exercises

Sandra Lin and Rosa Yee

Saturday, 9:00 A.M. - 11:00 A.M.

### FRIENDSHIP CHORUS

Director: Prof. Ping Qiao

Wednesday, 9:30 A.M. - 12:00 Noon

### CHINESE EVERGREEN CHORUS

Director: Delly Chow

Wednesday, 1:00 P.M. - 3:00 P.M.

### CHINESE OPERA

Instructor: Fuller Chen

Monday, 9:00 A.M. - 12 Noon

### CHINESE OPERA

Friday, 9:00 A.M. - 12 Noon

### MONTEREY PARK CHORUS

Wei Pu, Conductor Monday, 7:00 P.M. - 9:00 P.M.

### MONTEREY PARK CONCERT BAND

Monday, 7:30 P.M. - 9:15 P.M., Monthly fee



### TABLE TENNIS, BILLIARDS AND FITNESS ROOM

Open Play—Monday to Friday 8:00 A.M.—4:45 P.M.

Saturday and Sunday 8:00 A.M.-1:45 P.M.

Our fitness center provides seniors with a safe and comfortable workout environment. Equipment is available for cardiovascular and strength training. Comfortable clothes and tennis shoes required at all times.

### EARLY MORNING PLAY

4602.101 Monday—Friday 6:00 A.M.—8:00 A.M. \$39.00

4602.105 Monday—Friday 7:00 P.M.—9:00 P.M. \$39.00

### SUMMER SESSION BEGINS JULY 10—SEPT 15, 2017

**SUMMER REGISTRATION WILL START JUNE 5!**

### CHAIR FITNESS EXERCISE

4215.101 Tues/Thurs 1:30 P.M. - 2:30 P.M. \$48.00

4215.102 One day per week 1:30 P.M. - 2:30 P.M. \$30.00

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

### FITNESS AFTER 50 - BEGINNING LEVEL

4215.103 Mon/Wed 1:00 P.M.- 2:30 P.M. \$50.00

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

### FITNESS AFTER 50 - INTERMEDIATE CLASS

4215.104 Friday 10:00 A.M.- 10:55 A.M. \$30.00

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

### FITNESS AFTER 50 - ADVANCE CLASS

4215.106 One class per week 2:45 P.M. - 4:15 P.M. \$35.00

4215.112 Mon/Thurs 2:45 P.M. - 4:15 P.M. \$50.00

Seniors are invited to come and exercise in this advanced program which helps improve balance, strengthening, flexibility, muscle tone, bone density, and posture.

### ZUMBA GOLD

4215.107 One Class per week 12:15 P.M. - 1:15 P.M. \$35.00

4215.113 Tues AND 12:15 P.M. - 1:15 P.M. \$55.00

Fri 11:00 A.M. - 12:00 P.M.

4215.114 Saturday 10:30 A.M. - 11:30 A.M. \$48.00

Zumba gold is an aerobic class that uses Latin based rhythms and other dance inspired tempos to create a fun upbeat workout. Low impact, easy to follow dance fitness class.

### YOGA

4215.118 Tues 2:45 P.M. - 3:45 P.M. \$35.00

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

### LATIN DANCE

4215.111 Saturday 9:30 A.M.-10:30 A.M. \$48.00

Learn to dance salsa, meringue, cha cha, rumba and other Latin dances with easy to follow steps and routines. Everyone is invited and no partner needed!

### POLYNESIAN FITNESS DANCE

4215.110 Friday 12:00 P.M.—1:00PM \$48.00

Hula and Tahitian dancing is more than a dance, it's a full-body exercise that gets you in shape with fun and lively sessions.

Learn basic hula techniques including hip and hand choreography. Steps and movements will be broken down and explained so you can learn quickly!!

### SENIOR TRIPS & TOURS

**TOUR DESK IS OPEN DURING REGULAR HOURS**  
Trips and Tours are for senior citizens 50 years and older only. Trips are limited on a first-come, first served basis. For more information or to make a reservation, contact 626-307-1478.

### CALIFORNIA SCIENCE CENTER & ENDEAVOR SHUTTLE TRIP—JUNE 21, 2017

Enjoy the afternoon with friends and explore one of LA's most popular attractions and tour a state-of-the-art museum center filled with an array of exhibits! The final stop will be at the famous Grand Central Market in Downtown LA for a variety of lunch choices! Check-in 8:15 a.m., Depart 9:00 a.m.—returning approx 4:00 p.m. Cost \$20.00 per person includes museum ticket and drivers tip. Lunch is on your own expense.

### SAN MANUEL INDIAN BINGO & CASINO—JUNE 28, 2017

Join us for a FUN day trip to try your luck at over 3,000 slot machines and play at the State-of-the-Art Bingo Hall! One day get-away includes a \$10.00 Free Slot Play only upon arrival on your player's card. Must have a Player's Card and valid State Driver's license or State Issued Senior ID at time of registration. **SIGN UP EARLY!!** Check-in 8:15 a.m., Depart 9:00 a.m.—return approximately 5:30 p.m. \$10.00 per person

### TREASURES OF TUCSON—NOVEMBER 6-10, 2017

Embark upon a 5 day trip highlighting the beauty of Tucson's desert. A featured stop includes a guided tour of Biosphere 2; a seven model ecosystem facility with active research team. Four nights stay at Hampton Inn where we venture out and discover the Arizona Sonora Desert Museum's art gallery and botanical gardens, the Musical Instrument Museum in Phoenix, the Yuma Territorial Prison State Park, and other Arizona sights, including Tombstone and Bisbee, wild west towns. 7 meals included.  
\$799.00 Per Person, Double Occupancy  
\$999.00 Per Person, Single Occupancy

# MONTEREY PARK BRUGGEMEYER LIBRARY

Hours: Mondays and Tuesdays 12pm - 9pm, Wednesdays and Thursdays 10am - 6pm  
 Fridays and Saturdays 10am - 1pm, Sundays 1pm - 5pm

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

### Children's Summer Library Program

Read books, win prizes, have fun! The Children's Summer Reading Program Registration starts May 30! Children ages 0-12 can participate by signing up at the Children's Desk to receive a log to keep track of the books they read or listen to over the summer. Throughout the summer kids receive prizes for the time that they read. National research has shown that children who read at least six books over the summer score higher in both reading and math when they return to school in the fall. This program continues through July 31 and also features weekly activities for the whole family including movies, game nights, storytimes, puppet shows, musical performances and magicians. All programs and activities are completely free of charge. Come into the library to pick up a flyer, or check the library website at [www.montereypark.ca.gov/library](http://www.montereypark.ca.gov/library) for more details.

### Global Citizens: One World, Many Stories Summer Library Program for Adults

Join hip hop artist Only Won and singer Larissa Lam as we sing our way into the summer at our summer kick off program for adults on Sunday, June 25 at 2 pm in the Friends Room. Discover the diverse cultures and traditions that represent the library community with this year's theme, "Global Citizens: One World, Many Stories," designed to get adults involved with weekly activities on family history and multiculturalism. Registration starts Sunday, June 25 at the kick-off program where adults can sign up for the 10-week program running from June 25-August 27. Come and learn about the free art workshops, how to read for prizes, and much more at the June 25 program! For more information, contact the Reference Desk at 307-1368.

### Summer Reading Programs for Teens

The 2017 Teen Summer Reading Program runs from June 12 through July 26. The theme is "Reading by Design." As teens read books they can receive coupons for a free DVD checkout or use the coupons to enter drawings for various prizes. Join the many fun and exciting programs along with reading for great prizes. The summer reading kick off starts on June 12 @ 5pm in the Friends Room. Look for other exciting programs each Wednesday. For more information and to register for the program contact the Reference Desk at (626) 307-1368.

### Family Magic Show

Monday, June 5 at 6:30 pm  
 Barnes Park Amphitheater  
 Bring the whole family for a special Summer Celebration featuring Arty Loon performing comedy magic, amazing illusions, spectacular juggling, hilarious puppetry, and tons of audience participation. The performance will take place in the Barnes Park Amphitheater. All ages are welcome. No registration required!

### Family Game Nights

Mondays, June 12, 19 and 26, 6:30 to 7:30 pm  
 Visit the Library for an evening of board games and family fun in the Friends Room. No registration required.

### Mad Science at the Library

Thursday, June 22 at 4:00 pm  
 Connect with your friends through the power of electricity! In this show, Mad Science presenters will focus on electric based experiments that will literally make your hair stand up. Children will experience science hands on and learn about the contributions of inventors Robert Jemison Van de Graaff and Nikola Tesla. Programs are free of charge and no registration is required, however attendance is strictly limited to the first

100 people. Program will be held in the Friends Room. All ages are welcome!

### Library Storytimes and Puppet Shows

Storytimes for all age levels are held in the Library's Storytime Room and last 25-45 minutes. Children must be accompanied by an adult caregiver at all times. Children's Services staff performs puppet shows during Storytimes on Tuesday and Wednesday during the last full week of every month. No registration is required.

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

### Free Legal Assistance Clinic

Volunteer attorneys will be on hand to answer legal questions at a free legal assistance clinic on Tuesday, June 13 from 6 - 8 pm in the Friends Room. The clinic is sponsored by the Asian Pacific American Bar Association (APABA). Volunteer attorneys will answer questions about immigration, criminal law, civil matters, estate planning, government benefits, labor and employment. For more information and to register for the free legal assistance clinic call the Reference Desk at (626) 307-1368.

### Monday Beginning Computer Classes in Spanish

Beginning Computer Classes in Spanish are scheduled on Monday nights, June 5, 12, 19, and 26 from 7 pm - 8:30 pm in the computer lab located on the 2nd floor. Space is limited and registration is required for the free classes. For more information and to register for the classes contact the Reference Desk or call (626) 307-1368.

### Tuesday Open Computer Lab

Join the open computer lab in June on Tuesdays from 7:00-8:30 pm in the Computer Lab. The lab is open to adults who need help with E-mail, Microsoft Word, Excel, and the Internet. A library staff member will be present to answer questions. There is no registration required, but seating is limited to a first-come, first-serve basis. For more information, contact the Reference Desk at (626) 307-1368.

### Wednesday Computer Keyboard Practice Classes

Become familiar with the computer keyboard and practice touch typing. Improve your typing speed and accuracy. Classes are designed to offer reinforcement and practice time for adult students in the library's computer classes and for individuals wanting to improve their typing skills. Classes are scheduled on Wednesdays, June 7, 14, 21, and 28 from 10:30 am - 11:45 am in the Computer Lab. Space is limited and registration is required for the free classes. Please contact the Reference Desk or call (626) 307-1368 to register.

### June Film Schedule

Midweek Movies @the Library  
 Wednesday, June 7 at 3 pm, Friends Room  
 A mercenary warrior discovers the mystery behind one of the greatest wonders of the world while he is imprisoned within the Great Wall. His quest for fortune turns into a journey towards heroism as he joins an elite army of warriors while confronting an unimaginable and seemingly unstoppable force. The movie is rated PG 13 with a run time of 2 hours.

### Movie Mornings

Wednesdays, June 7, 14, 21 and 28, 10:00 am, Friends Room  
 Beat the heat with free family movies and popcorn at the

Library! There is no registration required and movies will be shown in the Friends Room.

### Monthly Film Program

Wednesday, June 21 at 2 pm in the Friends Room  
 See a newly released DVD feature film or an award winning international film. The program is free with light refreshments compliments of the Friends of the Monterey Park Library.

For film titles and more information about the free film programs contact the Reference Desk at (626) 307-1368.

### Housing Rights Workshop For Landlords and Tenants

The Housing Rights Center will present a housing rights workshop for landlords and tenants on Monday, June 5 at 6 pm in the Friends Room. A variety of topics will be discussed at the workshop that include: Fair housing laws, evictions, rent increases, notices to vacate, late fees, illegal practices, security deposits, repairs, disability rights, familial status, and advertisements. To RSVP for the free workshop, call (800) 477-5977 ext. 1103.

### Anime/Manga Club

Join the library's Anime/Manga Club and watch the latest Anime releases, meet other Otaku and discuss new titles for the library. We meet on the fourth Wednesday of each month from 3:00-5:00 pm in the Friends Room. See you on June 28.

### Passport Services at the Library!

Travelling soon? Apply now for a U.S. passport! The U.S. Department of State is expecting an increase in passport applications through 2018. Submit your passport application at the Monterey Park Bruggemeyer Library well ahead of your planned travel dates in order to avoid possible delays. Residents can take advantage of evening and Saturday appointments at the Library. Services are by appointment ONLY. Passport hours are: Monday and Tuesdays: 4 pm to 8 pm, Wednesdays and Thursdays: from 3 pm to 5 pm, and Saturdays: 10am to 12pm. Please call (626) 307-1357 to make appointments and/or inquiries.

### Support the Library - Attend the Gala!

The Monterey Park Library Foundation, a non-profit organization that supports the Monterey Park Bruggemeyer Library, will hold its fundraising annual Gala on Thursday, June 1, 2017 at Luminarias restaurant, 3500 Ramona Boulevard, Monterey Park. The gala affair, which begins with a reception at 6:00 P.M. with dinner scheduled for 7:00 P.M., will feature an elegant dinner, music and dancing and a raffle with exciting prizes. This year, the Library Foundation will be honoring Los Angeles Community College District Board of Trustees member Mike Eng and the Chinese American Citizens Alliance for their outstanding dedication to and generosity towards the library. Corporate and individual table sponsorships are as follows: Novel Sponsor: \$3,000, Biography Sponsor: \$2,000, Thriller Sponsor: \$1,000, Picture Book Sponsor: \$650. All of these table sponsorships include ten tickets to the Gala and recognition in varying degrees. One can also be a Paperback Sponsor: \$250 (two tickets). Individual tickets can be purchased for \$100 or \$65 each. Donations are tax deductible. Advertisement opportunities are also available starting from \$50 for a business card size ad to \$500 for a full-page ad in the gala dinner program. Tables or tickets can be purchased from Monterey Park Library Foundation members or at the library, 318 S. Ramona Avenue. For more information on tables, tickets or advertising, please call (626) 307-1269.



## A & B SMOG TESTY REPAIR CENTER

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

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



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**Smog Check**

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+ State Certificate \$8.25  
 Total \$35.00

Please bring your DMV Renew Papers

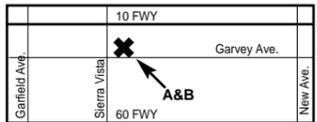
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# Langley Senior Center and the Man Behind the Name

Beryl Williams, Monterey Park Historical Society



Langley Senior Center.



Arthur Langley at his desk.

Monterey Park's Langley Senior Center is one of the most heavily used facilities in the city. The first senior center was opened in 1959 at the city's old pump house on Emerson Avenue with Ruth Mott serving as the advisor.

All activities and services are for adults 50 years and older. Recreation Supervisor Ben Herrera reports that the center sees 800-1,000 visitors daily Monday-Friday. Visitors come for a myriad of reasons. The table tennis, billiards and fitness rooms offer open play Monday through Friday from 8 a.m.-5 p.m. and, since July of 2016, on Saturday and Sunday from 8 a.m. to 2 p.m. Fitness and exercise classes range from chair fitness to Polynesian dance with Pilates and Zumba Gold offered once or twice each week. Craft classes include beading, Chinese painting and needlecraft. Lunch is served Mon-Friday. For details, visit Langley Center and speak with any one of more than 20 staff members. Twelve staff members work part-time, but are backed up by 106 registered volunteers who recorded more than 35,000 hours in 2016. That number of hours is equivalent to sixteen additional paid staff.

"Arthur W. Langley, the building's namesake, was a city official with one of the longest terms of service, being city clerk from 1916-1956. In early times, Langley, ran city affairs from his home at 401 N. Garfield. He served the first seven years without pay. So well respected was he that he defeated all opposition every time he ran for the office, finally retiring at the age of 83. Langley was involved in many important decisions in the young city and councilmen looked to him for guidance. Before Monterey Park had a city hall, Langley kept city records in boxes under his bed at home. A man of many accomplishments, Langley enjoyed demonstrating that he could write with both hands at the same time while carrying on a conversation. Langley, noted for his dry humor, was an avid reader of newspapers from London, where he was born." -From "A Bicentennial Report" edited by H. Russell Paine.

In 1979, ground was broken for a 12,000 square foot senior multipurpose center, using CRA funds comprised of one million dollars plus the cost of furnishings. In 1977, the United States Congress passed the Community Reinvestment Act, which requires regulated financial institutions to help meet the credit needs of all communities in the service area in which they are chartered to operate.

"By 1991, Langley Center had five ethnically-varied clubs, including Monterey Park Senior Citizen Club, Club Amistad Japanese-American Club, Club Bella Vista and Chinese-American Golden Age Association. Classes are offered in English, social dancing, arts and crafts, and Japanese and Chinese martial arts. Lunch is served daily on an eat-in-or-take-out basis. Pool tables, bingo, income tax and legal assistance are provided free of charge. Transportation for seniors and

the handicapped is provided Monday through Friday, using a van, station wagon and mini-bus with a chair lift." -From "Reflections," published in 1991 under the leadership of David T. Lau, Chair of the 75th Anniversary Book Committee.

In 1981, George Sagara and Lila Saito teamed up to create a Pagoda Garden at Langley Center. The garden was financed through funds donated by the Japanese-American Club, while Sagara and Saito donated an estimated 448 hours of labor to the project. In a 1981 Sun Independent newspaper article, Sagara was quoted as saying, "I was fortunate to have Lila show me how to create the garden, from an artist's view. She placed each rock, plant and grain of soil as if it were a piece of art." In the same article, Saito also praised Sagara, "Without George's support and patience, we would not have been able to complete the garden on time." In 2014, a remodeling of the Pagoda Garden and patio was made possible through a donation by former Mayor David Lau and Mrs. Cecilia Lau.

In 2002, due to the tremendous growth in the number of citizens using Langley Center, staff applied for and received a \$350,000 grant and \$246,250 State General Fund Augmentation Grant for the construction of a 2,500 square foot addition containing a ping pong room, barber shop, weight room and parking lot expansion.

In 2003, staff purchased the property at 313 N. McPherrin Avenue, with plans to build a park adjacent to the center. Using a combination of state grant funds and city funds, the Langley "Pocket Park" was created. In 2011, the Monterey Park City Council honored Beth Ryan's contributions to Langley Center by naming the newly completed park "Beth Ryan Park." For more than 30 years, Langley Senior Center was supervised by Recreation Superintendent Beth Ryan, who was instrumental in the success and expansion of the center.

In 2009, the problem of inadequate parking appeared again. Since the building remodel in 2002, there had been a shortage of parking at Langley Center that continued to worsen. The Langley Center Friends of Seniors, Inc., a non-profit group that helps raise funds for Langley Center, proposed a project to increase the parking lot by 13 spaces. The contract for the Langley Center Parking Lot Improvements was awarded to Caliber Paving in the amount of \$26,689.40. The Langley Center Friends of the Seniors, Inc. agreed to reimburse the city for all costs associated with the project. The city will be responsible for ongoing maintenance of the new parking area.

Monterey Park Langley Senior Center is located at 400 W. Emerson Avenue, Monterey Park, CA 91754. For more information about the center's programs and services, please visit [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov) or call 626-307-1395.

A message from the Monterey Park Police Department...

## US Postal Service Offers "Informed Delivery" Service

Know what's in your household mail before you get home

With the rise of identity and mail theft across the nation, the Monterey Park Police Department suggests you take advantage of a free service provided by the United States Postal Service to protect yourself. "Informed Delivery" is a new USPS service that allows you to get images of the mail that will be placed in your mailbox each day. Black and white images of your actual letter-sized mail pieces, processed by USPS.

- Step 1.) Log onto [www.usps.com](http://www.usps.com).
- Step 2.) Search for "Informed Delivery."
- Step 3.) Create an account and start reviewing the mail you should have received.

If you are ever missing mail or are a victim of identity theft, please contact the Monterey Park Police Department at 626-573-1311. For further information on Informed Delivery, please contact the Monterey Park Police Department Community Relations Bureau at 626-307-1253.

### STREET BEAT MONTHLY CRIME LOG

Addresses are identified by block number, not exact address.

#### April 2017

##### AUTO BURGLARY

- 500 N ATLANTIC BLVD
- 1300 AVENIDA CESAR CHAVEZ
- 1800 FULTON AVE
- 100 N NICHOLSON AVE
- 200 N LINCOLN AVE
- 1500 S YNEZ AVE
- 400 W MARKLAND DR
- SCHOOLSIDE AVE / AVENIDA CESAR CHAVEZ
- 500 MONTEREY PASS RD
- 3500 RAMONA BLVD
- 2300 BLEAKWOOD AVE
- 1400 RIDGECREST ST
- 600 W RIGGIN ST
- 300 N ORANGE AVE

##### AUTO THEFT

- 1500 AVENIDA CESAR CHAVEZ
- 400 S LINCOLN AVE
- 1900 POTRERO GRANDE DR
- 300 S GARFIELD AVE
- 1400 COLLEGE VIEW DR
- 1500 COLLEGE VIEW DR
- 200 E FERNFIELD DR
- 2300 FINDLAY AVE
- 500 MONTEREY PASS RD
- 1300 AVENIDA CESAR CHAVEZ
- S MC PHERRIN AVE / HENDRICKS AVE
- 200 N CHANDLER AVE
- 300 N NICHOLSON AVE
- 1300 COLLEGE VIEW DR
- 1300 AVENIDA CESAR CHAVEZ
- 1800 TYLER DR
- 300 W GLEASON ST
- 600 RUSSELL AVE
- 200 E GARVEY AVE
- 500 N ATLANTIC BLVD
- 1200 DORNER DR

##### BURGLARY COM

- 400 S ATLANTIC BLVD
- 600 N GARFIELD AVE
- 1900 POTRERO GRANDE DR
- 1900 POTRERO GRANDE DR
- 200 E GARVEY AVE
- 200 E GARVEY AVE
- 300 S GARFIELD AVE
- 111 N ATLANTIC BLVD
- 400 S ATLANTIC BLVD
- 100 S LINCOLN AVE
- 500 N ATLANTIC BLVD
- 200 E GARVEY AVE
- 300 E GARVEY AVE
- 200 E POMONA BLVD
- 1600 MONTEREY PASS RD
- 2100 S ATLANTIC BLVD
- 2200 S ATLANTIC BLVD
- 500 N ATLANTIC BLVD
- 100 S LINCOLN AVE
- 1600 MONTEREY PASS RD
- 100 S LINCOLN AVE

##### BURGLARY RES

- 200 LADERA ST
- 1800 CLIFFHILL DR
- 1300 PEBBLE HURST ST
- 1100 CREST VISTA DR
- 1900 S MC PHERRIN AVE
- 350 BLOOM DR
- 300 FLORENCE AVE
- 1100 MIRA VALLE ST
- 700 HARDING AVE
- 600 W GRAVES AVE
- 400 N SIERRA VISTA ST
- 100 SEFTON AVE
- 880 S LINCOLN AVE
- 2000 FERNBANK AVE
- 1400 DELL DR
- 1700 ISABELLA AVE
- 2000 BRIGHTWOOD ST
- 300 E GLEASON ST
- 1400 SOLAR DR
- 2000 VANCOUVER AVE
- 500 E NEWMARK AVE
- 500 E NEWMARK AVE

##### ROBBERY

- 300 E GARVEY AVE
- 2300 ROSCOMMON AVE
- 300 E GARVEY AVE

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## FREE Property Evaluation

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**309 Casuda Canyon Dr. Monterey Park**  
Few steps to Award Winning Highland Elem. School  
Completely Remodeled Beautiful House



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



**IN ESCROW!** Listed \$628,000  
**165 Coral View St. Monterey Park**  
3bed/2bath, A1500, Huge yard with Huge patio,  
Clean Move in condition, Call for Open house



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



**FOR SALE!** Listed \$1,280,000  
**782 Ridgecrest St. Monterey Park**  
Superior Location w/Panoramic View  
Top of Hill of Monterey Park, 5bed/3bath, 2660 sqft.



**JUST SOLD!** Sold \$505,000  
Listed \$450,000  
**2341 Bleakwood Ave. Monterey Park**  
3Bed/3bath, pool. Near ELAC, An Affordable  
Spacious home.



**JUST SOLD!** Sold \$788,000  
Listed \$768,000  
**427 E. Emerson Ave. Monterey Park**  
Beautifully remodelled immaculate home  
3Bed/3Full bath, Family room, Dining room  
1826 Sqft Living, 7057 Sqft Lot



**JUST SOLD!** Sold \$635,000  
Listed \$618,000  
**501 Brightwood St. Monterey Park**  
Great Move in condition at nice corner lot  
3bed/2bath Family room



**JUST SOLD!** Sold \$430,000  
Listed \$425,000  
**156 Casuda Canyon Dr. #D Monterey Park**  
Sharp! Gorgeous 2 Bed/1.5 Bath, Private patio  
One level, close to Highland Elem School



**JUST SOLD!** Sold \$648,000  
Listed \$638,000  
**1977 Lupine Ave. Monterey Park**  
Updated Clean 4Bed/2Bath,  
Huge Living room with park view  
1946 Liv. Sqft/ 10295 Lot Sqft.



**SOLD!** Sold \$570,000  
Listed \$558,000  
**208 W. Doncrest St., Monterey Park**  
4 Bed/2 Bath, Tranquil city view, spacious master  
bedroom, separate family room with fireplace  
and storage room. Convenient location.



**SOLD!** Sold \$728,000  
Listed \$700,000  
**187 Ladera St, Monterey Park**  
3 Bed/2.5 Bath, Family room, Excellent view,  
Huge lot, Monterey Highland Elementary School

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## Tech Trek Sparks Interest in STEM Careers

Seven middle school girls from Monterey Park and Montebello will attend the week-long Tech Trek Science and Math Camp at Whittier College June 25 through July 1. Tech Trek South M/MP of the Alhambra/San Gabriel AAUW (American Association of University Women) raises \$900 for each girl's camp scholarship.

Recipients from schools in Monterey Park are: Tere Ceseñas (Macy Intermediate), Jeslyn Lee (Repetto School), Adrienne Lim (Brightwood School) and Katie To (Ynez School). Recipients and their schools from Montebello are: Elizabeth Breton (La Merced Intermediate), Jocelyn Rico (Eastmont Intermediate), and Giselle Borja (Montebello Intermediate). Girls are selected based on their written essays and personal interviews that show their enthusiasm for science, math, technology and/or engineering. More than 95% of Tech Trek campers attend college after graduating from high school.

2017 marks the 19th year AAUW offers Tech Trek Science and Math Camp to seventh grade girls. AAUW members work through the year to gather donations from members, friends and local organizations. The Monterey Park Woman's Club and Eastside Optimist Club are among this year's contributors. Members also volunteer to staff the Pasadena Showcase House, the annual benefit for Pasadena Showcase House for the Arts.

AAUW has 100,000 members nation-wide. The organization is committed to supporting a promising future for women and girls, and to providing a powerful voice to our legislators.



Tech Trek camp scholarship recipients Giselle Borja, Jeslyn Lee, Jocelyn Rico, Adrienne Lim, Tere Ceseñas, Elizabeth Breton and Katie To.

The Tech Trek project welcomes volunteers to help with its many tasks from raising funds to selecting campers to supporting camp activities. If you would like information about being a part of this worthwhile program, please call Jackie Fisher at 626-808-3528.

## Guide to the Night Sky

By Tre Gibbs, Los Angeles Astronomical Society

On Tuesday, June 20 at 9:15 p.m., summer returns to the northern hemisphere. For a few weeks before this and a few weeks after, the Sun will rise and set at its furthest northern points on the horizon. As a result of this, the Sun's path across the sky will be the highest - or most furthest north - for the entire year. As you probably know, Earth is tilted. Its axis is about 24 degrees off of what would be considered straight up and down. As Earth orbits the Sun, its axis just happens to point to the same spot in space, a star about 433 light years away, Polaris, which is Latin for "pole star," since Earth's North Pole points to it - hence its more popular name, "The North Star." As Earth continues its orbit around the Sun, there are times when the northern hemisphere is tilted toward the Sun and times when it's tilted away from the Sun. The Summer Solstice is the time when we in the northern hemisphere, or the top half of Earth, are tilted toward the Sun. That's why, in summer, the Sun appears high in our daytime sky as opposed to winter, when the northern hemisphere is tilted away from the Sun, and appears much lower in our daytime sky. However, after this day, and as the Sun continues its journey around the Sun, the days slowly begin to get shorter, although it's not very noticeable until sometime in mid to late July.

Saturn is back! By mid month, Saturn rises in the east-southeast just as the Sun sets in the northwest. Spotting Venus, Mars and Jupiter is pretty easy since they are some of the brightest, non-twinkling objects in the sky. Saturn however is different. Due to the fact that it's so far away, Saturn looks more like one of the countless distant stars in the night sky. Only it's not - one look through a small telescope or a good pair of binoculars will reveal a hint of its magnificent ring system. To find Saturn, wait until the night of

June 9. This month's "Full Strawberry Moon" will rise along with Saturn, but just to the left of the quintessential gas giant. The two will travel the night sky together until dawn, though the Moon will be continuously inching its way east of and away from Saturn. This becomes evident the following evening, when, on June 10, the Moon trails Saturn almost an hour later.

Look for bright Jupiter high in the south at sunset this month, but slowly moving further westward as the month progresses. Jupiter is larger than Saturn but also much closer to Earth than its ringed neighbor, which is why it appears so bright in our evening skies.

So, that's it for this month. Enjoy the return of both summer and Saturn - and if you get a chance, Google NASA's Cassini mission, which has been exploring Saturn since its arrival in 2004. The mission ends September 15, 2017 as the Cassini spacecraft is running out of fuel and will do 22 consecutive dives between Saturn and its rings, and then dives into the surface, finally becoming part of the planet itself.

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

## Bella Vista Optimist to Hold Golf Fundraiser for Youth Programs

The Bella Vista Optimist Club has announced that its 25th annual Hank Yoshitake and Friends Memorial Golf Tournament will be held on Friday, June 9, 2017 at the Montebello Golf Country Club at 901 Via San Clemente in Montebello, CA.

The tournament will be a four person handicap scramble and feature an 8 a.m. shotgun start. The tournament will cost \$150 for each golfer with all proceeds going to fund various youth programs in our local communities. These items include scholarships, essay and oratorical contests, as well as anti drug programs.

A brand new Chevrolet automobile will be given away for a hole in one on one of the par three holes. This hole is sponsored by Chevrolet of Montebello. Another hole in one prize is \$10,000 also on a designated par three. The entry fee will include green fees, golf cart, lunch, and raffle prizes.

For further information and entry forms, please contact Optimist Club President Mitch Sakado at 323-728-9704 or Jim Yoshitake at 323-728-3134

## Woman's Club Makes Donation to City of Hope Positive Image Center



Monterey Park Woman's Club, gaining strength in recent club membership, was able to shine at its recent Annual Fashion Show. Some of the proceeds, together with club member donations, made their way to The City of Hope. A monetary donation of \$1,000 and 12 wigs were given to the Positive Image Center-City of Hope. Present for the presentation was California Federation Women's Club State President, Toby Kahan; Rita Aleman-President Monterey Park Woman's Club; Theresa Amador; Carol Hashway-Sullivan; Victoria Chavez; Katherine Torres; Cathy Willis; Lupe Farias; Marie Montanez; and Cecilia Montanez.

## Local Students Win Scholarships from Optimist International in Essay and Oratory Contests

By Gloria Ing



Aman Kumar from Monterey Highlands School, who was a finalist in the April 30 oratory competition; Dylan Djoenadi; and Sabrina Sy.

On April 30, 2017, the Pacific Southeast District of Optimist International awarded Mark Keppel High School tenth grade student Dylan Djoenadi a \$2,500 college scholarship for winning first place for his essay on the topic "Chasing Optimism In The Face of Challenges." Sabrina Sy, a tenth grader from Mark Keppel High School, also won a \$2,500 college scholarship for her speech on the topic, "What The World Gains From Optimism" after winning first place in the Bella Vista Optimist Chapter Contest and Area Contest, and then first place in district's April 30, 2017 oratory contest.

Recreation and Community Services Department

# Summer

## CLASSES AND PROGRAMS

Online and Walk-in Registration for Summer Classes Begins Monday, June 5, 7:30 a.m. at [www.montereypark.ca.gov](http://www.montereypark.ca.gov) or 320 W. Newmark Ave, Monterey Park, CA 91754

### ART CLASSES

#### Cartoon Drawing

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



**Apple Yuk, Barnes Park Service Club**  
**10 weeks: July 7 - September 8, 2017**  
**Fees: \$159**  
 1512.101 Friday 3:00pm - 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: July 11, 2017 - September 12, 2017**  
**Fees: \$52.00**  
 1510.101 Tuesday 6:30-8:30pm

**18yrs & Up**

#### Stretch & Technique class : New Class

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

**Apple Yuk, Barnes Park Amphitheatre**  
**10 weeks: July 5 - September 9, 2017**  
**Fees: \$60**

1422.103 Saturday/Sunday 3:30pm - 4:00pm

**4yrs - 17 yrs**

#### Salsa: New Class

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



**Apple Yuk, Barnes Park Amphitheatre**  
**10 weeks: July 5, 2017 - September 6, 2017**  
**Fees: \$120**  
 1422.104 Sunday 4:00pm - 5:00pm

**4yrs - 7 yrs**

#### Swing Dance: New Class

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

**Apple Yuk, Barnes Park Amphitheatre**  
**10 weeks: July 5, 2017 - September 6, 2017**  
**Fees: \$120**  
 1422.105 Sunday 5:00pm - 6:00pm

**4yrs - 7 yrs**

#### Eurhythmics Dance for Teenagers

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

**Apple Yuk, Barnes Park Amphitheatre**  
**10 Weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$120**  
 1422.101 Saturday 5:00pm - 6pm

#### Eurhythmics Dance

Learn various styles of dances from basic include but not limit to K-pop, Hip-hop, and Jazzy. Improve body

### DANCE CLASSES

coordination, sense of rhythm, and flexibility. Performance opportunity is offered for all students. Class is held in a fun and supportive environment

**Apple Yuk, Barnes Park Amphitheatre**  
**10 weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$120**  
 1422.102 Saturday 4:00pm - 5:00pm

#### Ballet & Lyrical

Beginning to intermediate levels. Ballet and lyrical dance with its graceful and flowing styles; from traditional to contemporary music. Performance opportunities available.



**Laura Torres, Barnes Park Amphitheatre Dance Room**  
**Monthly: July, August, September 2017**  
**Fee: \$50.00 or \$60.00 (both classes- includes Jazz & Hip Hop) Ages:**

1421.101	July- beg/inter	Tuesday 6pm- 7pm
1421.102	Aug- beg/inter	Tuesday 6pm - 7pm
1421.103	Sep- beg/inter	Tuesday 6pm - 7pm

#### Jazz & Hip Hop

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



**Laura Torres, Barnes Park Amphitheatre Dance Room**  
**Monthly: July, August, September 2017**  
**Fee: \$50.00**

1421.104	Jul - beg/inter	Tuesday 7pm - 8pm
1421.105	Aug - beg/inter	Tuesday 7pm - 8pm
1421.106	Sep - beg/inter	Tuesday 7pm - 8pm

**Ballet & Lyrical / Jazz Hip Hop- Both Classes - \$60**

1421.107	Jul-beg/inter	Tuesday 6pm-8pm
1421.108	Aug-beg/inter	Tuesday 6pm-8pm
1421.109	Sep-beg/inter	Tuesday 6pm-8pm

#### Baby Ballerina & Me - Tippi Toes

A parent-assisted class focusing on basic steps and short dance routines, where your child benefits from an improved body awareness, coordination and flexibility. Returners will work on improving basic skills and learn new poses.

**Instructor- Tippi Toes Staff**  
**Sessions: 8 Weeks**  
**Fee: \$80.00**

1408.102	Thursday	5:00pm - 5:30am
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(Barnes Park Amphitheatre) (June 15 - August 3)

1408.103	Saturday	10:00am - 10:30am
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(Barnes Club Service Club) (June 17-August 5)

#### Ballet, Tap & Jazz Combo Class Level 1 - Tippi Toes

Ballet, Tap & Jazz dance classes offered for children 2 1/2 - 4 years old. This class incorporates an even mix of ballet, tap & jazz during the 45 minute class time using high-energy music. Your ballerina will have a blast learning basic dance techniques while using their imagination and building confidence. Check out [www.TippiToesDance.com](http://www.TippiToesDance.com) for more information. Class begins with circle time then continues with high-energy, kid-friendly music which incorporates ballet, tap & jazz choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! \*Ballet slippers recommended

**Instructor- Tippi Toes Staff**  
**Barnes Park Amphitheater Dance Room**  
**Sessions: 8 week session**  
**Fee: \$100.00**

1408.105	Monday	4:30pm - 5:15pm
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(June 12 - July 31)

1408.106	Saturday	10:45am - 11:30am
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(June 17 - August 5)

#### Ballet, Tap & Jazz Combo Class Level 2- Tippi Toes

Ballet, Tap & Jazz dance classes offered for children 4 - 6 years old. Previous dance experience required for children age 4. This class incorporates an even mix of ballet, tap & jazz during the 45 minute class time using high-energy music. Your ballerina will have a blast advancing their dance techniques while using their imagination and building

confidence. Check out [www.TippiToesDance.com](http://www.TippiToesDance.com) for more information. Class begins with circle time then continues with high-energy, kid-friendly music which incorporates ballet, tap & jazz choreography. Boys & girls will do activities across the floor and class is completed with a sticker and a high five! \*Ballet slippers recommended

**Instructor- Tippi Toes Staff**  
**Barnes Park Amphitheater Dance Room**  
**Sessions: 8 weeks**  
**Fee: \$100.00**

1408.109	Thursday	5:45pm - 6:30pm
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(June 15 - August 3)

1408.110	Saturday	11:45am - 12:30pm
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(June 17 - August 5)

**4 years - 6 years**

#### Hip Hop/Pop - Tippi Toes

Hip Hop dance class created especially for children 5-10 years of age. Using popular and current music the students start learning dances and choreography quickly as well as learning various dance elements. Our version of hip hop/pop is extremely tasteful and clean and our priority is offering age-appropriate material.



**Instructor - Tippi Toes Staff, Barnes Park Amphitheatre**  
**Fee: \$100 (8 weeks)**  
 1408.111 Monday 5:30pm - 6:15pm  
 (June 12 - July 31)

**5 years-10 years**

#### International Style Latin and Ballroom Dance

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

**Winnie Fung and Asst. Wilson Ng, Sierra Vista Park**  
**10 Weeks: July 2, 2017 - September 10, 2017**  
**Fees: \$49.00**  
 1409.101 Sunday 1:30 to 4:30pm  
 (No Class September 3)

**18yrs and Up**

#### Line Dance (Intermediate Class)

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



**Laurinda Truong, Sierra Vista Park**  
**10 Weeks: July 11, 2017 - September 12, 2017**  
**Fees: \$50.00**  
 1405.101 Tuesday 7:00 to 10:00pm  
 (7:00- 8:00 review, 8:00- 8:30 new dance, 8:30- 9:30 advance)

**18yrs and up**

#### Line Dancing - Clogging

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

**Reggie Stevens, George Elder Community Center**  
**3 Months: July 6, 2017 - September 21, 2017**  
**Fees: \$34.00**  
 1407.101 Thursday 5:30 to 9:00pm  
 (Beginners 6:15 to 7:00pm)

**All Welcome**

#### SALSA

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

**Dorothy Tsu & Moses Navarro, Garvey Ranch Park**  
**10 Weeks: July 7, 2017 - September 8, 2017**  
**Fees: \$90.00**  
 1406.101 Beginner Friday 7:30 to 8:30pm  
 1406.102 Intermediate Friday 8:30 to 9:30pm

**All Welcome**

## EDUCATION CLASSES

### CHILD - PARENT EDUCATION

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

### CHILD - PARENT EDUCATION

**Barnes Park Service Club**  
**5 Weeks: June 13, 2017 - July 18, 2017 (No class on July 4)**  
**Fees: \$63.00 per child. Additional sibling in the same household \$32.00-**  
**Oyrs to 4yrs**  
 1305.102 Tuesday 9:00 to 11:00am

### CHINESE LANGUAGE - ADULT

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 2, 2017 - September 3, 2017**  
**Fees: \$129.00**  
**18yrs & Up**  
 1301.101 Sunday 9:00 to 11:00am  
 1301.102 Sunday 11:15 to 1:15pm  
 1301.103 Sunday 2:00 to 4:00pm

### CHINESE LANGUAGE - GRADE 1

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



Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$79.00**  
**6yrs to 7yrs**  
 1301.104 Book 1 Saturday 9:00 to 11:00am  
 1301.105 Book 2 Saturday 9:00 to 11:00am  
 1301.106 Book 2 Saturday 11:15 to 1:15pm

### CHINESE LANGUAGE - GRADE 2

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$79.00**  
**7yrs to 8yrs**  
 1301.107 Book 3 Saturday 9:00 to 11:00am  
 1301.108 Book 4 Saturday 11:15 to 1:15pm  
 1301.109 Book 5 Saturday 11:15 to 1:15pm



### CHINESE LANGUAGE - GRADE 3

Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 1, 2017 - September 2, 2017**

**Fees: \$79.00**  
**8yrs to 9yrs**  
 1301.110 Book 6 Saturday 11:15 to 1:15pm  
**CHINESE LANGUAGE - GRADE 4 & 5**  
 Experienced instructors use regular Chinese teaching material and can speak Mandarin, Cantonese and English. Learn phonetic Alphabet (Pinyin), simplified and traditional Chinese characters. Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$79.00**  
**10yrs to 12yrs**  
 1301.111 Book 7 Saturday 11:15 to 1:15pm  
 1301.112 Book 8 Saturday 11:15 to 1:15pm

### CHINESE LANGUAGE - JR HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$129.00**  
**12yrs to 14yrs**  
 1301.113 Saturday 11:15 to 1:15pm

### CHINESE LANGUAGE - HIGH SCHOOL

This class will focus on middle and high school courses to improve students reading and writing abilities. Students must verify any holiday make ups with instructor.  
**Peter Thai, George Elder Community Center**  
**10 Weeks: July 2, 2017 - September 3, 2017**  
**Fees: \$129.00**  
**14yrs & Up**  
 1301.114 Sunday 9:00 to 11:00am  
 1301.115 Sunday 11:15 to 1:15pm  
 1301.116 Sunday 2:00 to 4:00pm

## EXERCISE CLASSES

### Aerobic -Hi-Lo Impact Class

This class will focus on cardio and strength training. Improving stretch, balance and resistance. A total body workout. 17 years and up. NO CHILDREN ALLOWED. Dress comfortably and bring water bottle and mat  
**Margaret Nalbandian, Barnes Park Amphitheatre Community Room**  
**10 Weeks: July 6, 2017 - September 12, 2017**  
**Fees: \$90.00**  
 1222.101 Tuesday/Thursday 9:30 to 10:30am

### 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: July 1, 2016 - September 8, 2017**  
**Fees: \$100.00**  
**All Welcome**  
 1203.101 Friday 10:00 to 11:30am (July 1 - September 2)  
 1203.102 Saturday 9:00 to 10:30am (July 7 - September 8)



### Yoga (NEW CLASS)

Life starts with a breath and so does our class. We will walk through the steps of the Bioenergy, Asanas (Postures), Pranayama (Breathing), Pratyahara, Dharana (Concentration), Dhyana (Meditation), and Deep Relaxation. People who hardly exercise can start



off easy. Wear comfortable seasonal clothing, grab your mat/blanket, water, sun screen, and join us.  
 Haruna Asakawa, Barnes Park outdoor (next to Amphitheatre)  
**10 weeks - July 6 - September 7**  
**Fee: \$129 - Ages: All Welcome**  
 1223.101 Tuesdays, Thursdays 9am to 10:00am

### Yoga - Breathing Techniques (NEW CLASS)

The class will apply Pranayama Techniques applied in sitting, kneeling, supine, and facedown postures. When physical and mental tensions are removed, the individual becomes serene and dynamic. The energy within the body also becomes active. The class finishes with a breath awareness exercise, bring a mat and a blanket for deep relaxation.  
 Haruna Asakawa, Barnes Park outdoor (next to Amphitheatre)  
**8 week program- July 12 to August 30th**  
**Fee: \$100 Ages: All Welcome**  
 1223.102 Wednesday 9am to 10am

### 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: July 2, 2016 - September 3, 2017**  
**Fees: \$100.00**  
**All Welcome**  
 1208.102 Sunday 9:00 to 10:30am (July 2 - September 3)



### PILATES - MAT CLASS

Pilates is an exercise system for the mind and body - toning different muscles, developing proper breathing, posture, and mental concentration. This class will use props for quicker results. Students must provide their own exercise mat, one pound weights, and flexi-band.  
**Gabriela Kasanjian, Service Club House**  
**10 Weeks: July 6, 2017 - September 7, 2017**  
**Fees: \$73.00**  
**All Welcome**  
 1207.101 Thursday 5:30 to 6:30pm

### TAI CHI - MIXED STYLE

Learn Tai Chi stemming from all styles including Chen, Sun, Woo, Wu and Yang. Students must verify any holiday make ups with instructor.  
**Jie Guo, Garvey Ranch Park**  
**3 Months: July 2, 2017 - September 19, 2017**  
**Fees: \$151.00**  
**All Welcome**  
 1217.101 48 Hand Form Sunday 9:30 to 10:30am  
 1217.102 24 Hand Form Sunday 8:30 to 9:30am  
**Fees: \$151.00**  
**All Welcome**  
 1217.103 New Frame (Int) Sunday 7:30 to 8:30am  
 1217.104 Tai Chi (Adv) Sunday 12:30 to 1:30pm  
 1217.105 48 Tai Chi Hand Sunday 8:30 to 9:30am  
 1217.106 Tai Chi Sword Sunday 9:30 to 10:30am  
 1217.107 24 Hand Form Sunday 8:30 to 9:30am  
 1217.108 48 Hand Form Sunday 9:30 to 10:30am  
 1217.109 32 Tai Chi Sword Beg Sunday 10:30 to 11:30am  
 1217.110 Tai Chi Push Hand Sunday 11:30 to 12:30pm  
 1217.111 New Frame Tai Chi Hand Tuesday 8:00 to 9:00pm  
 1217.112 Tai Chi Hand Form Review Tuesday 6:00 to 7:00pm  
 1217.113 Shao Lin Tuesday 5:00 to 6:00pm  
 1217.114 Basic Training Tuesday 7:00 to 8:00pm

## MARTIAL ARTS CLASSES

### NIPPON KEMPO FOR KIDS

Nippon Kempo is a Japanese Martial Art. Through training in Nippon Kempo a student will learn Discipline, Effort, Patience, Endurance, Unbending will, and Self-defense. Advanced class requires Instructor's approval. Students must verify any holiday cancellations with the Instructor.  
**Mark Ishida, Garvey Ranch Park**  
**Each Month: July 6, 2017 - September 28, 2017 - Ages 5 to 17 years of age.**  
**Fees: \$35.00 or \$30.00 Subsequent Family**  
**5yrs & Up**



1102.107 Jul-Beg Thursday 6:15 - 7:30pm & Saturday 8:45-10:00am  
 1102.108 Aug-Be Thursday 6:15 - 7:30pm & Saturday 8:45-10:00am  
 1102.109 Sep-Beg Thursday 6:15 - 7:30pm & Saturday 8:45-10:00am  
 1102.110 Jul-Adv Thursday 7:30 - 8:30pm & Saturday 10:00 - 11:00am  
 1102.111 Aug-Adv Thursday 7:30 - 8:30pm & Saturday 10:00 - 11:00am  
 1102.112 Sep- Adv Thursday 7:30 - 8:30pm & Saturday 10:00 - 11:00am

### SHAOLIN KUNG FU

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

that they will become more disciplined and confident. The Shaolin Kung Fu class is taught by Peter Thai, a Shaolin disciple, who has been practicing martial arts for 15 years.  
**Peter Thai, George Elder Community Center**  
**10 weeks: July 1, 2017 - September 2, 2017**  
**Fees: \$99.00**  
**5yrs & Up**  
 1301.137 Beginner/Intermediate Saturday 9:00 to 10:30am  
 1301.138 Beginner/Intermediate Saturday 11:00 to 12:30am



### SHOBU KAI KARATE DO

Shobu Kai Karate-Do is a traditional karate style. It will help students learn self defense. Class will help improve self-discipline, confidence and concentration.  
**Ricky Wong, George Elder Community Center**  
**1 Month: July 6, 2017 - September 28, 2017**  
**Fees: \$31.00 or \$26.00 Subsequent Family**  
**6yrs & Up**  
 1105.101 Jul Tues & Thurs 7:00 to 8:00pm  
 1105.102 Aug Tues & Thurs 7:00 to 8:00pm  
 1105.103 Sep 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: July 3, 2017 - September 29, 2017**  
**Fees: \$37.00 or \$32.00 Subsequent Family**  
**6yrs & Up**  
 1103.101 Jul-Beg Mon/Wed/Fri 6:30 to 7:45pm  
 1103.102 Aug-Beg Mon/Wed/Fri 6:30 to 7:45pm  
 1103.103 Sep-Beg Mon/Wed/Fri 6:30 to 7:45pm  
 1103.104 Jul-Adv Mon/Wed/Fri 8:00 to 9:00pm  
 1103.105 Aug-Adv Mon/Wed/Fri 8:00 to 9:00pm  
 1103.106 Sep-Adv Mon/Wed/Fri 8:00 to 9:00pm

### WING CHUN KUNG FU

Secret of YKS/SN Wing Chun and Desui styles: forms, kicks, punches, evasion, trap, sticky hand, throw, ground grapple, pin, chi gung by chairman - Tom Wong  
**Thomas Wong, Barnes Park Bowl (Thu) Garvey Ranch Park (Sat)**  
**Each Month-Wing Chun 1: July 1, 2017 - September 30, 2017**  
**Fees: \$87.00**  
**All Welcome**  
 1104.101 Jul-Beg Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm  
 1104.102 Aug-Beg Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm  
 1104.103 Sep-Beg Thursday 8:00 - 9:00pm or Saturday 4:00 - 5:00pm  
**Each Month-Wing Chun 2: July 1, 2017 - September 30, 2017**  
**Fees: \$97.00**  
**All Welcome**  
 1104.107 Jul-Adv Saturday 2:00 to 4:00pm  
 1104.108 Aug-Adv Saturday 2:00 to 4:00pm  
 1104.109 Sep-Adv Saturday 2:00 to 4:00pm



## SPORTS CLASSES

### PING PONG

Sierra Vista Ping Pong is an open play. Sierra Vista Park

**Month to Month: July, August, September**

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

		6yrs & Up	
1610.101	July	Monday-Friday	8:00 to 12:00pm
1610.102	Aug	Monday - Friday	8:00 to 12:00pm
1610.103	Sep	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.

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

**10 Weeks: July 1, 2017 - September 7, 2017**

**Fees: \$50.00**

**Elder Tennis Courts**

		18yrs & Up	
1609.101	Inter/Adv	Tuesday	7:00 to 8:30pm
1609.102	Advance	Tuesday	8:30 to 10:00pm
1609.103	Inter/Adv	Thursday	7:00 to 8:30pm
1609.104	Advance	Thursday	8:30 to 10:00pm

**Barnes Tennis Courts**

1609.105	Beg/Inter	Saturday	4:00 to 5:30pm
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### TENNIS

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



### Victor Wong, Barnes Park Tennis Courts

**8 Weeks: June 10, 2017 - August 19, 2017**

**Fees: \$65**

		Ages	
1608.101	4 - 7 yrs	Saturday	9:00 - 10:00am
1608.102	8 - 11 yrs	Saturday	10:00 - 11:00am
1608.103	12 & up	Saturday	11:00 - 12:00pm

### TENNIS - HIGH SCHOOL

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

**Tony Grbac, Mark Keppel High School Tennis Courts**

**4 Weeks: June 5 - June 29, 2017**

**Fees: \$50.00**

		High School Age	
1607.113	Junior Varsity	Mon/Wed	3:30 to 5:00pm
1607.114	Varsity	Tue/Thu	3:30 to 5:00pm

### TENNIS CAMPS - AFTERNOON

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

**Tony Grbac, Mark Keppel High School Tennis Courts**

**2 Weeks: June 5 - June 15, 2017**

**Fees: \$45.00**

		7yrs & Up	
1607.101	Beginner	Mon-Thu	1:30 to 2:30pm
1607.105	Intermediate	Mon-Thu	2:30 to 3:30pm

**2 Weeks: June 19 - June 29, 2017**

**Fees: \$45.00**

		7yrs & Up	
1607.102	Beginner	Mon-Thu	1:30 to 2:30pm
1607.106	Intermediate	Mon-Thu	2:30 to 3:30pm

**2 Weeks: July 3 - July 13, 2017**

**Fees: \$45.00**

		7yrs & Up	
1607.103	Beginner	Mon-Thu	1:30 to 2:30pm
1607.107	Intermediate	Mon-Thu	2:30 to 3:30pm

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

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



Classes are limited to 6 per class to ensure each student receives maximum instruction. Private instruction is also available. Players need their own bat and batting helmet. Contact instructor for times and days available (Jay Simper 626-664-4583)

**Jay Simper, La Loma Field**

**Group: July- September, 2017**

**(Group Includes: 1hr class (4) classes)**

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

**Fees: \$89.00**

5604.101	Thursday	3:00pm to 7:00pm
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**Private: July- September, 2017**

**(Group Includes: 1/2hr class (4) classes)**

**Fees: \$129.00**

5604.102	Thursday	3:00pm to 7:00pm
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## LANGLEY CENTER SUMMER 2017 CLASSES

Register Online and Walk-on Registration begins on Monday, June 5, 2017 starting at 8:00 am at [www.montereypark.ca.gov](http://www.montereypark.ca.gov) or 400 West Emerson Ave., Monterey Park, CA 91754. All fitness classes for Adults 50 yrs and up.

### FITNESS CLASSES

#### CHAIR FITNESS EXERCISE

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



**Katalina Beltran, Langley Center Main Room**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.101	Tuesday and Thursday	1:30pm-2:30pm	\$48.00
4215.102	Thursday	1:30pm-2:30pm	\$30.00

#### FITNESS AFTER 50 - Beginner

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

**Katalina Beltran, Langley Center**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.103	Monday and Wednesday	1:00pm-2:30pm	\$50.00
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#### FITNESS AFTER 50 - Intermediate

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

**Katalina Beltran, Langley Center**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.104	Friday	10:00am - 10:55am	\$30.00
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#### FITNESS AFTER 50 - Advance

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

**Katalina Beltran, Langley Center**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.112	Monday and Thursday	2:45pm-4:15pm	\$50.00
4215.106	One class per week	2:45pm-4:15pm	\$35.00

#### LATIN DANCE

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



**Katalina Beltran, Langley Center Friendship Room**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.111	Saturday	9:30 am - 10:30 am	\$48.00
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#### POLYNESIAN FITNESS DANCE - NEW CLASS

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

**Katalina Beltran, Langley Center Friendship Room**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.110	Friday	12:00pm to 1:00pm	\$48.00
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#### YOGA

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

**Katalina Beltran, Langley Center Friendship Room**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.118	Tuesday	2:45-3:45pm	\$35.00
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#### ZUMBA GOLD

Zumba Gold is an aerobic class that uses Latin based rhythms and other dance inspired tempos to create a fun upbeat workout. Low impact, easy to follow dance fitness class.

**Katalina Beltran, Langley Center Friendship Room**

**10 Weeks: July 10, 2017 - September 15, 2017**

4215.107	Tuesday	12:15-1:15pm	\$35.00
4215.113	Tuesday and Friday	12:15pm - 1:15pm	\$50.00
	Friday	11:00am - 12:00pm	
4215.114	Saturday	10:30am - 11:30am	\$48.00

### SPORTS CLASSES

#### BILLIARDS & TABLE TENNIS

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

**10 Weeks: July 10, 2017 - September 15, 2017**

**Early Morning - Open Play**

4602.101	Monday-Friday	6:00am to 8:00am	\$39.00
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**Evening Table Tennis - Open Play**

4602.105	Monday-Friday	7:00pm to 9:00pm	\$39.00
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## Use this form for Mail-In Registration ONLY

#### WALK IN

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

#### MAIL IN

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

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

#### GENERAL INFORMATION

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

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

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

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

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

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

CLASS #	NAME OF CLASS	DAY	TIME	FEE
1				
2				
3				

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

Emergency Phone # \_\_\_\_\_ or \_\_\_\_\_

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

I also consent to emergency treatment for my child.

\_\_\_\_\_  
Signature of Adult Participant or Parent/Guardian Date: \_\_\_\_\_

## Summer Pool Schedule 2017

**LAP Swim:** *Barnes Pool* Monday – Friday 6:00 AM- 8:00 AM

Saturday & Sunday 6:00 AM- 10:00 AM

\$5 per swim/\$35 per month/\$65 Family (2 people)/\$23 Senior Citizen

**Monterey Park Manta Rays Swim Team:** *Barnes Pool*

**Practice:** Monday – Friday 5:00 PM- 7:00 PM

**Swim Development Program:** *Barnes Pool*

Monday – Thursday 5:00 PM- 6:00 PM

**Tryouts:** Friday 5:00 PM- 5:15 PM

For more information contact the coaches at MPMRCoach@gmail.com

\*Swimmers must tryout and qualify. Youth of all ages and skill levels are welcome. This program prepares youth for competition swimming.

### Recreational Summer Swim May 29<sup>th</sup>, 2017

General Admission: \$2 (17 years and under) or \$3 (18 years and older)

Group Pass (20 Entries): \$32 (17 years and under) or \$48 (18 years and older)

<u>Barnes Park Pool</u>	<u>Elder Park Pool</u>
400 S. McPherrin Ave. Monterey Park, CA 91754	1950 Wilcox Ave. Monterey Park, CA 91754
Open May 29 <sup>th</sup> - August 11 <sup>th</sup>	Open June 12 <sup>th</sup> - August 11 <sup>th</sup>
Monday-Sunday 2:30 PM- 4:45 PM	Monday- Friday 12:00 PM- 2:00 PM
Night Swim: Wednesday 7:30 PM- 9:00 PM	Open May 30 <sup>th</sup> – August 10 <sup>th</sup> Night Swim: Tuesday and Thursday 6:00 PM- 8:00 PM

\*No Shorts or T-Shirts will be allowed in the pool or pool area. Only approved bathing suits will be allowed. No Towels are allowed on the pool deck\*

## Emery Park Hosts Family Math Night



Emery Park recently hosted its on campus 3rd grade family math night, open to all 3rd grade students and parents. This annual event, which is organized by teachers and school staff, is a rare chance where students, teachers and parents get together and play a number of family friendly games and promote a positive learning environment for students. It is also intended to familiarize parents on the concepts students are learning in the classroom so that they have the ability to assist their children when doing homework or studying for tests.

Teachers were each assigned to a table where they administered games to a group of families. These games were based off of math concepts being taught in class such as fractions, multiplication division, addition and subtraction. One of the more popular games played was Multiplication War. In this game, participants spread dominoes on the table face down. On the count of three, they flip the dominoes over, multiply the dots on one side by the dots on the other and the player with the highest sum wins. Another game, Pig, required players to roll dice, add the sum of the two after every turn and the first one to one hundred without going over wins. After each game played, students received a sticker and moved on to the next game until they completed each game.

After each family had a chance to play every game, students received medals for their participation and were welcomed to enjoy some delicious refreshments with their parents. Nearly every 3rd grade family attended the event, making it a great opportunity for families to interact with each other and the teachers who work tirelessly to provide the best education for their students.

# Friday August 4th, 2017

## 56th Annual City of Monterey Park All City Swim Meet

**It's a race to the finish! Come show off your swimming skills you have learned all summers!**



**Free food and refreshments for all participants and Movie Night to follow, Finding Dory!!**

**Meet starts at 5:00 p.m.  
Barnes Park Pool**

\*\*Register during your swim lessons or rec. swim hours

**\*\*\*FOR ALL  
Swim Lesson Students &  
Non-Competitive Swimmers**

**PRE-REQUISITES:**

- Float 30 seconds on back, 30 seconds on front
- Roll from front-to-back float, then back-to-front float
- Tread water for approximately 1 minute
- Swim 25 yards without assistance
- Perform dolphin kick

## Mermaid University

*Learn to swim like a mermaid  
Sign up today!*

**George Elder Park Pool**

1950 Wilcox Ave. Monterey Park (626) 307-1387

Fees: \$30.00 (Mermaid tail is provided)

<b>Cycle 1: June 13 - June 22, 2017</b> 2109.101 Tues & Thurs 9:30 – 9:55 AM 2109.102 Tues & Thurs 10:00 – 10:25 AM	<b>Cycle 3: July 11 - July 20, 2017</b> 2109.105 Tues & Thurs 9:30 – 9:55 AM 2109.106 Tues & Thurs 10:00 – 10:25 AM
<b>Cycle 2: June 27 - July 6, 2017</b> 2109.103 Tues & Thurs 9:30 – 9:55 AM 2109.104 Tues & Thurs 10:00 – 10:25 AM	<b>Cycle 4: July 25 - Aug. 3, 2017</b> 2109.107 Tues & Thurs 9:30 – 9:55 AM 2109.108 Tues & Thurs 10:00 – 10:25 AM

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地址: 701 E Garvey Ave, Monterey Park, CA 91731



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**晚餐 \$10.99**  
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Roasted Duck

**晚飯 送老火例湯**  
Dinner will provide house soup (no charge)

特價大酬賓 | 每日一特價

星期一: 黃毛貴妃雞 (半隻) **DAILY SPECIAL**  
Monday: House Special Chicken (Half)  
星期二: 韭菜生蠔餅  
Tuesday: Oyster Pancake w/ Leek  
星期三: 乾煎龍利  
Wednesday: Pan Fried Tilapia  
星期四: 西蘭花雞球  
Thursday: Broccoli Chicken  
星期五: 蘿蔔魚鬆  
Friday: Radish w/ Minced Dried Fish  
星期六: 紹菜魚滑  
Saturday: Napa w/ Fish Cake  
星期日: 火鴨  
Sunday: Roasted Duck

大龍蝦大特價: \$8.99 /LB  
龍蝦伊麵每磅  
Lobster Special: 不加伊麵價錢!  
Noodle Not Included

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Field Trip: Horse Riding, Archery, Hot Air Balloon, Water Park, Kayak  
Lunch Menu: Pizza, Hamburger, Panda Express, Ice Cream



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所有科目教學, 課堂所有書本材料, 生詞字典, 早餐, 午餐 (條件限制) 甜品, 水果, 茶點, 每週五游泳池門票, 公園遊藝, BBQ, 電影票, 美術課, 手工課用材料, 相片留念。  
All Subject Materials, class supplies, breakfast, lunch, snack, swimming, entrance fee, movie ticket, craft, and summer camp, uniform for every camper.

**課程表 CLASS SCHEDULE (COMMON CORE 與學區同步)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-9:00am	Breakfast/ Story Time	Breakfast/ Story Time	Breakfast/ Story Time	Breakfast/ Story Time	Breakfast/ Story Time
9:00am-9:45am	Spelling/Vocabulary	Spelling/Vocabulary	Spelling/Vocabulary	Spelling/Vocabulary	Grammar
9:45am-10:00am	Break Time				
10:00am-10:45am	Reading Comprehension	Reading Comprehension	Reading Comprehension	Reading Comprehension	Creative Writing/ Presentation
10:45am-11:00am	Break Time				
11:00am-11:45am	Math Camp	Math Camp	Math Camp	Math Camp	
12:00am-1:00pm	Lunch Time (Healthy Food+Fruit+Desserts)				
1:00am-2:00pm	Social Study	Social Study	Social Study	Cooking & Singing	Art/Magic
2:00am-2:30pm	Break Time				
2:30am-3:30pm	Science	Science	Science	Craft/Arts/Dance	Outdoor Game/ BBQ
3:30am-4:00pm	Snack Time				
4:00am-5:30pm *Free Class Choice	Chinese/ Spanish/ Computer	Chinese/ Spanish/ Computer	Chinese/ Spanish/ Computer	Chinese/ Spanish/ Computer	Disney/ Archery/ Kayak/ Adventure City/ Water Park/ Field Trip

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May 30 – August 4, 2017

**PROGRAM HOURS**  
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DAILY RECREATIONAL ACTIVITIES

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\*Must have coupon present. Cannot be combined



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## Campaign for Business and Education Excellence Recognizes Alhambra Unified School District

Alhambra Unified School District (AUSD) is one of twenty public school districts in California to receive the title of 2016 Honor Roll School District. School districts receiving this distinction have demonstrated consistent high levels of student academic achievement, improvement in achievement levels over time and reduction in achievement gaps among student populations. For school districts with high schools, the Honor Roll recognition also includes measures of college readiness. Additionally, 11 AUSD schools have been selected by Educational Results Partnership (ERP) and the Campaign for Business and Education Excellence (CBEE) as STAR Honor Roll Schools. Star Schools are those with significant populations of socio-economically disadvantaged students that have shown a significant increase in grade-level proficiency over time. AUSD STAR schools are: Brightwood, Monterey Highlands, Park, Ramona, Repetto, Martha Baldwin, Garfield, Marguerita elementary schools and Alhambra, Mark Keppel and San Gabriel high schools.

The business community is also recognizing a subset of the Honor Roll that has both high percentages of low-income students and high levels of math and science achievement. STEM (Science, Technology, Engineering and Math) Honor Roll schools will receive special recognition of their accomplishments. The following AUSD schools received the

added distinction of STEM Honor Roll: Brightwood and Monterey Highlands elementary schools, as well as Mark Keppel high school.

“We are so proud to be recognized by leaders in the California business community as an Honor Roll District with STAR Schools,” said Dr. Laura Tellez-Gagliano, Superintendent. “Our teachers and administrators work tirelessly to keep the focus on high expectations that leads to increased student academic achievement through continuously improving our practices. This hard work and dedication is paying off for all of our students, no matter their background.”

“We are proud to recognize those schools and school districts who are succeeding in putting their students on a path of productivity that not only leads to success in the classroom, but also prepares them to contribute to and benefit from a more productive economy,” said Greg Jones, ERP and CBEE Board Chairman. “Leadership from both education and the business community is critical to linking success from one system to the next, and ensuring that students have the knowledge and skills necessary to achieve a college degree and the financial security of a living wage job.”

## AUSD Celebrates 50th Anniversary of Automotive Technicians Award Program



MKHS Outstanding Student Award Winner Fernando Sanchez-Palafox



Alhambra HS Outstanding Student Award Winner Xiao Pan



San Gabriel HS Outstanding Student Award Winner Alvaro Daniel Magana Miranda

Last month, AUSD held its 50th Anniversary Automotive Technicians Awards Night, honoring this year's outstanding students and instructors while also celebrating all those who have supported the program over the years. This event, held at Almansor Court, was a rare chance for all students, parents, teachers, administrators and sponsors to gather together and celebrate the success of the automotive program.

Brad Walsh, Director of Secondary Education, kicked off the event with an introductory speech, thanking those in attendance and introducing all member of AUSD's Executive Cabinet, board members, students, parents and Career Ed. Specialist Judy Huffaker, who spoke about the recent endeavors of the automotive program including the including the Ford Ranchero Project and The Underdog Project. Sun Kang, an actor who played a prominent role in the Fast and Furious series, was also introduced for his role in the success of the aforementioned Underdog Project, which involved Kang and a group of Alhambra High School Technicians rebuilding a 1972 Ford Maverick, which was then auctioned off at this year's SEMA Show. Kang took the stage and spoke about his love for the automotive industry and his dedication to helping the younger generations of technicians thrive in the industry.

Also in attendance was SEMA President Chris Kersting, who also served as one of the event's prominent guest speakers and is a supporter of AUSD's Automotive Technicians Program. Kersting spoke about the history of SEMA and demonstrated what role the

company has in the automotive industry in an informative video. He also explained to students the many career opportunities that his company offers and reminded them that persistency and a relentless work ethic is the key to success in the in the industry.

It was then time for dinner to be served and awards to be given out. First, Mark Keppel's James Horton, Alhambra's Victor Quiroz and San Gabriel's Bruce Pardee received special instructor's recognition awards for their leadership and dedication to the program. Each automotive student was then given automotive certificates of achievement certificates and the program's sponsors also gave out various awards. Finally, it was time to present the Outstanding Student Awards, honoring one student from each high school who exemplified superior skills and work ethic. The winners are as follows: Alhambra High School-Xiao Pan, San Gabriel High School-Alvaro Daniel Magana Miranda, and Mark Keppel high School-Fernando Sanchez-Palafox. Each winner received a certificate, trophy and a \$500 check presented by K&N Engineering. Each winner also made a brief statement, thanking their teachers for giving them the tools to excel.

AUSD would like to thank all the sponsors who made this night possible including Gilbert Motor Service, K&N E engineering, Citrus College, Pasadena City College, SEMA, UTI, Wondries Toyota, SEMCO and individuals who have contributed their time and effort to the success of the Automotive Technician Program.

### Paid Advertisement

## Your Tongue and Bad Breath

By John Chao, DDS



Dr. John Chao, DDS

In traditional Chinese medicine, some doctors can diagnose an issue just by looking at the patterns and colors on the tongue. Medical doctors and dentists can also tell a lot about your health by looking at your mouth and tongue.

What if you notice your tongue has a white spots? It could be tongue plaque. Your tongue naturally cleans itself and renews the cells on the surface to get rid of bacteria, dead cells, and debris. But when someone has tongue plaque, that renewal doesn't happen and your tongue gets covered in a white film.

This can happen with age, dry mouth, tobacco and alcohol use, and also with fever or illness. You can clean off tongue plaque by scraping your tongue and using mouthwash.

There are a few other conditions that can cause white spots on your tongue. If you see separate white spots on your tongue, it could be a sign of a superficial fungal infection, an inflammatory condition, or even early signs of tongue cancer. It would be best if you see your dentist or doctor when you suspect something is wrong. Another reason for having white coating on your tongue, is if you've been on antibiotics for a while. Prolonged antibiotic therapy could lead to a yeast infection in your mouth that turns your tongue white. For this reason, doctors will

also encourage you take probiotics to replenish the “good” bacteria in your intestines when you are undergoing antibiotic therapy.

A healthy tongue should be pink and covered with small, uniform papillae bumps. When you're brushing your teeth, it's a good idea to brush your tongue to get rid of any bacteria that might be lingering on the surface. A tongue scraper also does the same thing and is a handy tool to have. Your dentist or dental hygienist can show you how to do this if you're not sure.

Another side effect of having plaque on your tongue would be bad breath which has other causes. So if you are plagued by bad breath, it could be periodontal (gum) disease. In this disease, bacteria induces a chronic inflammatory process which, over time, results in loss of bone around the roots of the teeth. This loss of bone for the most part symptom-free and painless until the advanced stages, when a white coating on the tongue appears, along with bad breath and loose teeth.

Untreated, periodontal disease is associated with systemic conditions such as diabetes, hypertension, osteoarthritis and even Alzheimer's disease. So, if you see white spots, a cream-colored coating or any lesions on your tongue, see your dentist or physician for diagnosis and treatment.

There appears to be more and more medical experiments and studies delving into what in Chinese medicine makes it work, how it works, and why it works. Maybe Chinese medicine has more to contribute to western medical science than what is known in the public sector.

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## Notice of Closure

The medical office of Anthony L. Mendoza, M.D., located at 823 S Atlantic Blvd., Suite 5, Monterey Park, Ca 91754, will be closing on 05/31/17. Patients will no longer be seen after 05/26/17.

Patients should call Dr. Mendoza's office as soon as possible to forward copies of their medical records to the new primary care provider. For more details, please call the office at (626) 281 - 0125.

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# Featured Stories in Chinese and Spanish

## 嗨翻公園的免費電影欣賞和音樂會

享受夏日夜晚公園內的免費電影放映和音樂會

在夏天蒙特利公園市將會在公園免費舉辦放映一系列電影和精彩的現場音樂欣賞會。更重要的是，這一切放映都是免費的。

一些大家深獲所喜愛的近期好萊塢影片將於6月9日開始直到8月4日，在各個公園輪流免費放映。歡迎大家攜帶毯子和椅子，以便舒適的坐在草地上，觀看我們巨型屏幕的放映。所有放映都從日落開始。夏季電影之夜是由社區與娛樂委員會和蒙特利公園委員會所一同呈現的。

日期	電影	放映地點	時間
6月09日	“Sing” 歡樂好声音	George Elder Park公園	日落
6月23日	“Rogue One” 俠盜一號	Garvey Ranch Park公園	日落
7月07日	“La La Land” (PG-13) 愛樂之城 (特別輔導級)	Cascades Park 公園	日落
7月21日	“The LEGO Batman Movie” 樂高蝙蝠俠電影	Sequoia Park公園	日落
8月04日	“Finding Dory” 海底總動員2：尋找多莉	Barnes Park Pool 巴恩斯公園游泳池	日落

免費的夏季音樂會將於6月11日至8月13日在巴恩斯公園露天劇場舉行。

日期	演出團體	音樂會地點	時間
6月11日	Video Star (80年代樂團)	巴恩斯露天劇場	下午6點
7月04日	許多不同的現場演奏樂團和煙花表演	巴恩斯露天劇場	下午4-9點
8月13日	Bulletproof Soul (R&B, funk and top 40)	巴恩斯露天劇場	下午6點

有關更多免費夏季電影和音樂會的資訊，請參閱Cascades市府官方報紙上所刊登本版的廣告，或參閱www.MontereyPark.ca.gov，或致電娛樂部門626-307-1388詢問。

## 當地學校將路邊電箱物體變為藝術品



蒙特利公園市感謝並祝賀以下學校參與MPK電箱藝術創意活動。MPK電箱藝術創意活動與當地學校合作，在青少年中促進藝術和創意能力。如果您有興趣參與，請聯繫您當地的學校。



來自蒙特利公園市消防局……

## 採用正確方法維護您家裡的植被

每年，蒙特利公園市消防局都會因當地居民以錯誤的方式使用設備而引發火災而接到火警

去年冬天出現了大量降雨，植被生長將比前幾年更為茂盛。維護好您家中的植被無疑是在“打造一個防禦空間”。

對於居住在山坡上的家庭來說，一旦出現火災，這些防禦空間可以控制火勢的蔓延。但是，如何採用正確的方法來修整您家裡的植被就顯得尤為重要。您是否在以錯誤的方法來修剪家裡的植被呢？例如，您試圖消除住宅周圍的火災隱患，卻在此一過程中，在灌木叢中觸發一場火災？

無論您是打算在家中打造一個防禦空間，還是僅僅修剪草坪，只要您住在灌木叢區域，您就需要負責正確使用所有設備。割草機、除草機、鏈鋸、鋼草粉碎機和修剪機都可能引發火災。您需要以正確的方式做好您的維護工作，確保您所在社區的消防安全。下面我們介紹如何以正確的方式做到這一點：

- 所有需要燃氣發動機或電動機的庭院維護工作須在上午10點之前進行，請不要在天氣炎熱或起風時開展此項工作！
- 割草機是用於修剪草坪的，請不要在乾燥的植被中使用割草機。
- 請使用離草修剪器剔除乾燥的雜草和草地。
- 在操作任何設備之前，請清除作業區域的岩石。隱藏在草地或雜草中的岩石與金屬刀片撞擊時，足以引起火災。
- 在灌木區域作業的所有可攜式汽油動力設備，包括拖拉機、收割機、鏈鋸、除草機、割草機、摩托車和全地城車輛 (ATV)，都需要安裝火花熄滅器。
- 請保持排氣系統、火花熄滅器和割草機處於正常的工作狀態，並且不存在積碳。請使用推薦等級的燃油，不要將油加得太滿。
- 請確保發動機沒有油污和灰塵，並保證割草機不含任何易燃材料。
- 請將手機放置在附近區域，以便出現火災時可以立即撥打911緊急報警電話。

### 溫熱天氣意味著多蚊蟲

登革熱、黃熱病、基孔肯雅病和寨卡病毒是通過蚊蟲傳播病毒而引起的疾病。

隨著夏季的到來，氣溫的升高會導致蚊子加速繁殖，洛杉磯郡的蚊子也愈發猖獗。近幾個月來，一種與蚊子有關的新型疾病已經受到國際社會的關注。這一威脅來自寨卡病毒，雖然研究表明，寨卡病毒尚未在北美出現，但我們仍需採取預防措施，以防止蚊蟲滋生。

第一步，我們需要瞭解蚊子對您和您的社區所構成的威脅。僅僅幾隻被感染的蚊子就可能導致您的社區出現大規模的疫情，並可能讓您的家人生病。登革熱、黃熱病、基孔肯雅病和寨卡都是病毒（細菌）引起的疾病，它們主要是通過伊蚊進行傳染。黃熱病蚊（或伊蚊）和亞洲虎斑蚊是本地區比較普遍的蚊蟲類型。一隻蚊子從卵到成蟲，只需要7天時間，它們需要不流動的靜水來度過整個生命週期。

居民們可以通過消除積水來控制戶外的蚊子。每週清空擦桌、翻轉、蓋住或丟掉任何可以積水的物品，並將儲水容器的蓋子蓋緊，這樣蚊子就無法在裡面排卵。您可以在戶外蚊子出沒的地方，使用滅蟲噴霧劑來殺死蚊子。這些地方通常是陰暗、潮濕處。使用滅蟲噴霧劑時，請務必按照標籤說明進行操作。

控制室內蚊子的方法與戶外非常相似。清除花瓶、花盆托碟等容器內的積水，同時確保窗戶設有紗窗，並修理紗窗上的孔洞，避免蚊子進入室內。使用室內滅蟲噴霧劑或噴霧劑時，請務必按照標籤說明進行操作。

戶外活動時，請使用環境保護局 (EPA) 認可的驅蟲噴霧劑來保護您和您的家人，該類產品應含有避蚊胺 (DEET)、派卡瑞丁、IR3535 或檸檬桉葉油 (孟二醇) 等成分。當您在戶外活動時，請務必穿淺色、長袖、寬鬆型衣物，如長袖襯衫和長褲等等。切記：蚊子可以透過輕薄或緊身衣物進行叮咬。

請通過如下聯繫方式，報告蚊子聚集生活的區域，從而協助我們預防蚊子繁殖和疾病傳播。您可以致電 (626) 814-9466 或瀏覽網站 www.sgvmosquito.org 聯繫聖蓋博谷蚊蟲及水質管理區。

## Películas y Música Gratuitas Electrizan los Parques

Disfruten las noches de verano en los parques con películas y conciertos gratuitos

La Ciudad de Monterey Park está presentando exitosas proyecciones de películas y fantásticos conciertos en vivo en los parques durante todo el verano. Y lo mejor de todo, es que son gratis.

Proyecciones gratuitas de algunos de los recientes éxitos de Hollywood, favoritos de su familia, comienzan el 9 de Junio y seguirán hasta el 4 de Agosto rotando en varios parques. Se les alienta a los concurrentes a traer una manta y sillas para sentarse en el césped y ver nuestra pantalla gigante. Todas las proyecciones empiezan a la puesta del sol. Las noches de cine en el verano son presentadas por las Comisiones de Participación Comunitaria y de Recreación y Parques.



Fecha	Película	Lugar	Hora
9 de Junio	“Sing”	George Elder Park	Puesta del sol
23 de Junio	“Rogue One”	Garvey Ranch Park	Puesta del sol
7 de Julio	“La La Land” (PG-13)	Cascades Park	Puesta del sol
21 de Julio	“The LEGO Batman Movie”	Sequoia Park	Puesta del sol
4 de Agosto	“Finding Dory”	Barnes Park Pool	Puesta del sol

Los conciertos gratuitos de verano se llevarán a cabo desde el 11 de Junio hasta el 13 de Agosto en el Anfiteatro del Barnes Park.

Fecha	Intérprete	Lugar	Hora
11 de Junio	Video Star (80s music)	Anfiteatro en Parque Barnes	6 p.m.
4 de Julio	Varios grupo en vivo más fuegos artificiales	Anfiteatro en Parque Barnes	4-9 p.m.
13 de Agosto	Bulletproof Soul (R&B, funk y top 40)	Anfiteatro en Parque Barnes	6 p.m.

Para más información sobre películas y conciertos de verano gratuitos por favor vea los anuncios en esta edición del periódico Cascades, visite www.MontereyPark.ca.gov o póngase en contacto con Recreación llamando al 626-307-1388.

## Las Escuelas Locales Convierten Objetos al Borde de las Calles en Obras de Arte

La Ciudad de Monterey Park desea agradecer y felicitar a las siguientes escuelas por su participación en el programa MPK Electrical Box Works of Art. El programa MPK Electrical Box Works of Art está enfocado en trabajar con escuelas locales para promover el arte y la creatividad en nuestra juventud. Si usted está interesado en participar, por favor póngase en contacto con su escuela local.

Del Departamento de Bomberos de Monterey Park

## Manteniendo su Propiedad “De la Manera Correcta”

Cada año el Departamento de Bomberos de Monterey Park responde a incendios iniciados por los residentes que usan sus equipos de manera incorrecta.

Con la gran cantidad de lluvia que recibimos este invierno pasado, el crecimiento de la vegetación será más predominante que en años anteriores. El mantener el crecimiento en su propiedad es conocido como “crear un espacio de defensa.”

Para aquellos hogares situados en una ladera, ese espacio de defensa puede ayudar a reducir el peligro de la propagación del fuego. Sin embargo, el asegurarse de que usted está despejando ese crecimiento en su propiedad de la manera correcta es muy importante. ¿Está usted haciendo lo correcto de manera incorrecta? Por ejemplo, ¿tratando de eliminar los riesgos de incendios alrededor de su hogar y en el proceso iniciando un incendio de maleza?

Ya sea que esten trabajando para crear un espacio de defensa alrededor de sus hogares o simplemente cortando el césped, si usted vive en un área donde crece mucha maleza, usted necesita usar todo su equipo responsablemente. Las cortadoras de césped, cortadoras de hierbas malas (weed eaters), sierras de cadena, moleadoras, y podadoras pueden causar chispas que inician fuegos de maleza. Haga su parte, de la manera correcta, para mantener a su comunidad segura contra incendios.

- Aquí le indicamos cómo hacerlo de la manera correcta:
- Haga todos los trabajos de mantenimiento de su yarda que requieran un motor a gas o eléctrico antes de las 10 a.m. No cuando el día está muy caliente o cuando hace mucho viento.
- Las cortadoras de césped están diseñadas para cortar el césped. Nunca utilice estas cortadoras en vegetación seca.
- Utilice un cortador de hierbas para cortar hierbas y césped secos.
- Quite las piedras en el área antes de comenzar a usar cualquier equipo. Una piedra escondida en la hierba o maleza es suficiente para iniciar un incendio cuando es golpeada por una cuchilla de metal.
- En las áreas de malezas, se requieren protectores contra chispas en todos los equipos portátiles a gasolina incluyendo tractores, cosechadoras, sierras de cadena, cortadoras de hierbas, cortadoras de césped, motocicletas y vehículos para todo terreno (ATVs).
- Mantenga el sistema de escape, los protectores contra chispas y la cortadora de césped en buen estado de funcionamiento y libres de acumulación de carbono. Use el grado recomendado de combustible y no los rellene.
- Mantenga el motor libre de aceite y polvo, y mantenga la cortadora libre de materiales inflamables.
- Mantenga un teléfono celular cerca y llame al 911 inmediatamente en caso de incendio.

### Clima Caliente Significa: Mosquitos

Dengue, Fiebre Amarilla, Chikungunya, y Zika son enfermedades causadas por virus diseminados a través de los mosquitos.

A medida que el verano se aproxima, también lo hace la temporada de los mosquitos aquí en el Condado de Los Angeles. Conforme la temperatura aumenta, la cantidad de mosquitos también aumenta. La amenaza de una nueva enfermedad asociada con los mosquitos ha ganado la atención internacional en los últimos meses. Esa amenaza es el virus Zika. Aunque la investigación indica que la amenaza de Zika no está presente en América del Norte, se necesitan tomar precauciones para ayudar a prevenir las infestaciones de mosquitos.

El primer paso es entender cuál es la amenaza que los mosquitos representan para usted y su comunidad. Sólo unos cuantos mosquitos infectados pueden crear grandes brotes en su comunidad y poner a su familia en riesgo de enfermarse. El Dengue, la Fiebre Amarilla, la Chikungunya y el Zika son enfermedades causadas por virus (gérmenes) que se propagan principalmente a través de los mosquitos Aedes. El mosquito de la Fiebre Amarilla o mosquito Aedes y el mosquito Tigre Asiático son los dos tipos predominantes de mosquitos en esta región. Los mosquitos se pueden desarrollar de huevo a adulto en tan sólo 7 días y requieren agua estancada y sucia para pasar por su ciclo de vida.

Los propietarios pueden controlar a los mosquitos fuera de sus hogares eliminando el agua estancada. Una vez a la semana, vaciar y limpiar, voltear, cubrir o tirar todos los recipientes que contienen agua. Cubrir los recipientes para almacenar agua para que los mosquitos no puedan entrar para poner huevos. Usted puede matar a los mosquitos fuera de su casa mediante el uso de insecticidas hechos para matarlos donde ellos descansan. Estas áreas son típicamente oscuras y húmedas. Siempre siga las instrucciones de la etiqueta cuando use estos insecticidas.

El control de los mosquitos dentro de su hogar es muy similar al del exterior. Eliminar agua estancada como floreros y platos de macetas. Asegúrese que las ventanas tienen telas metálicas y reparar cualquier agujero en esas telas metálicas que podrían permitir que los mosquitos entren. Cuando utilice un nebulizador de insectos para adentro de la casa o un rociador, asegúrese de seguir las instrucciones de la etiqueta.

Protéjase usted y a su familia cuando estén al aire libre usando repelente de insectos que sea aprobado por la Agencia de Protección Ambiental (EPA) con ingredientes tales como DEET, Picaridin, IR3535 o aceite de eucalipto de limón para- menthane-diol. Usen ropa de colores claros, larga y suelta, tal como camisas de manga larga y pantalones cuando estén al aire libre. Tengan en cuenta que los mosquitos pueden picar a través de ropa delgada o apretada.

Ayude a prevenir la cría y la propagación de los mosquitos reportando las áreas donde viven muchos mosquitos. Pueden ponerse en contacto con el Distrito del Control de Mosquitos y Agua del Valle de San Gabriel llamando al (626) 814-9466 o visite el www.sgvmosquito.org.



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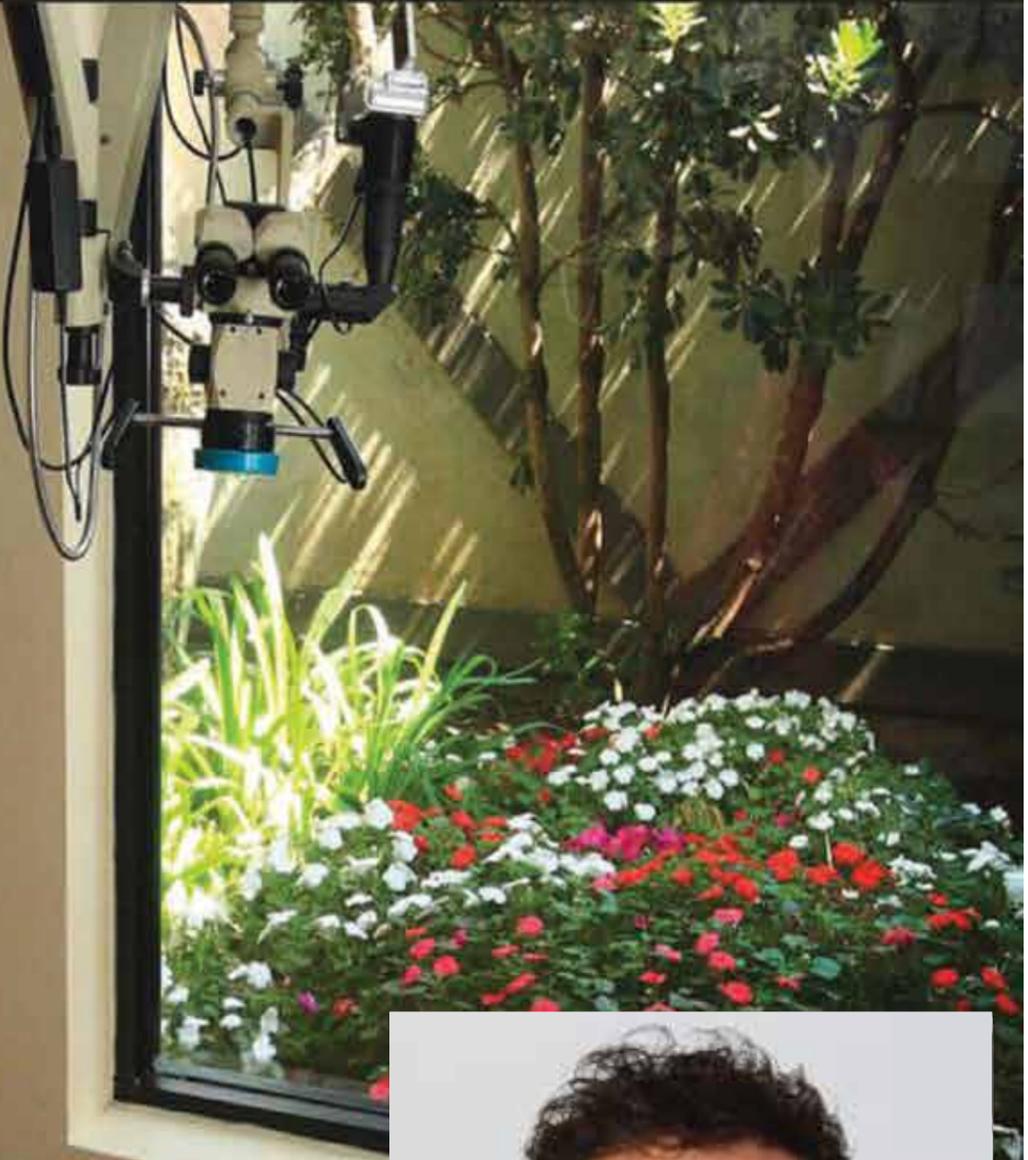


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