



The Monterey Park Cascades



Volume XVI, No. IX

Citywide News for Business, Community and Education

November 2017

Monterey Park Veterans Day Ceremony and Resource Fair

Honoring the service of our U.S. military veterans



The City of Monterey Park will hold the annual Veterans Day ceremony in front of City Hall on Saturday, November 11, 2017, at 11 a.m. A half hour prior and following the ceremony there will be resource fair with informational booths regarding services available to veterans.

The event to honor our armed service veterans will include the presentation of a wreath at the city's veterans and war memorials as well as patriotic music and speeches by veterans.

Monterey Park City Hall is located at 320 W. Newmark Avenue, Monterey Park, CA 91754. For more information, please contact the recreation department at 626-307-1388.

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Español Pagina 14

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Asian Pacific Health Corps to Hold Health Fair November 18

Saturday, November 18, Asian Pacific Health Corps (APHC) at UCLA will be hosting the 10th Annual Monterey Park Health Fair in collaboration with the City of Monterey Park. Attendees can look forward to free health screenings, information about healthy living and health insurance, and consultations with physicians.

The health fair will provide service recipients the opportunity to partake in free health screenings including body mass index, hypertension, dental, vision, stroke, and blood glucose and cholesterol screenings. There will also be physicians available for one-on-one consultations, as well as health insurance workshops to enroll uninsured attendees in a healthcare plan.

APHC will also provide translation services, if needed, in Mandarin and Cantonese.

By promoting healthy lifestyles through education and preventative health education, APHC hopes to improve the health of the entire Monterey Park community. So for those who are in the Monterey Park area on November 18, make sure to come by for free health screenings.

The health fair will begin at 9 a.m. and last until 1 p.m. at Monterey Park City Hall, and be free for all attendees.. If you have any questions, please email aphc.hf@gmail.com.

Monterey Park Farmers' Market Offers Farm-Fresh Veggies for Fall

Fall is an exciting time at the market! There are so many flavors that bring nostalgia for the season and plenty of time in the kitchen during the holidays. Even with the cooler temperatures there's plenty of tasty farm fresh veggies and fruits. Keep an eye out for apples, pears, kale, turnips, and eggplants to mention just a few.

Farmers' Market Tip of the Month

Eggplants are extremely versatile and they make filling and satisfying dishes. When picking the perfect one, look for smooth, shiny skins with fresh-looking stems. The eggplant should feel heavy in your hand. If you're not preparing them

right away, store them in the crisper of your fridge. They will typically stay fresh for up to five days.

Please note that the Monterey Park Farmers' Market will be closed in observance of Thanksgiving on Friday, November 24, otherwise the market runs rain or shine every Friday near city hall and the library at 318 S. Ramona Avenue from 4-8 p.m. Eligible CalFresh, WIC and SSI customers can receive up to \$10 in free farmers' market money through our Market Match program. Have a question? Email us at info@farmermark.com.



BBQ Reunites the MPK CERT Family

By Janet Yam

One of the best BBQs that I attended this year was the Community Emergency Response Team (CERT) Appreciation BBQ held at Monterey Park Fire Station 61. The BBQ was a reunion that brought together members of the CERT family. Since its inception in 2007, the Monterey Park CERT program has trained over 180 members in the community. The CERT program is provided free of charge and is designed to help residents learn how to protect themselves, their family, neighbors and neighborhood in an emergency.

The latest session, CERT Class 12, began on October 21. Each session consists of classes held over a period of four Saturdays where participants learn about disaster preparedness and what to do during and after an emergency or large-scale disaster. This includes medical operations; steps on how to handle injuries including burns, fractures, wounds and life-threatening conditions; and how to be proactive to protect your home and family in order to reduce the chance of injury or further damage. The program also teaches participants how to safely turn off gas meters, electricity and water, and how to put out small fires using an extinguisher. Participants also receive their certification on CPR and first aid upon completion of the class. An added component to the class is the introduction of amateur radios and their role in coordinating rescue efforts during a large-scale emergency, when it is likely that other communication channels, including cell phones, may be inoperable. On the final day of class, CERT members put on their CERT hat and vest and have



the opportunity to practice what they learn during drills.

This program is extremely vital to residents. The Monterey Park Fire Department has three fire stations, with 57 total trained staff, and 17 firefighters and emergency responders on duty daily. According to the United States Census Bureau, the population in Monterey Park is estimated to be over 61,000 people in 2016. In a major disaster, with over 20,000 housing units in the city, it would be impossible for first responders to cover all the homes. As result, residents may need to be their own first responder.

With major disasters in the news, including catastrophic earthquakes like the recent 7.1 earthquake in Mexico on September 19, and with California long

overdue for the "big one." Captain Justin Birrell, MPFD Disaster Preparedness Coordinator says "It is more important now than ever to be prepared."

Volunteer CERT staff Tom Guzman and Jon Hum, have worked tirelessly with the MPFD to expand community awareness and participation in the CERT program. Volunteer CERT staff Vince Camacho is also the webmaster for the Monterey Park CERT website at <https://dbatank.wixsite.com/mpk-cert>.

So why be prepared? Because "Chance favors the prepared mind," says Captain Birrell. Additional information on CERT and the application to join the next CERT class is available at <http://www.montereypark.ca.gov/513/Community-Emergency-Response-Team>.



CITY OFFICIALS

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

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

Ron Bow, City Manager
 Mark Hensley, City Attorney

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

CITY COUNCIL

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

COMMISSION ON AGING

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

**BUSINESS IMPROVEMENT DISTRICT
 ADVISORY COMMITTEE**

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

COMMUNITY PARTICIPATION COMMISSION

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

DESIGN REVIEW BOARD

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

**ECONOMIC DEVELOPMENT
 ADVISORY COMMISSION**

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

ENVIRONMENTAL COMMISSION

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

LIBRARY BOARD OF TRUSTEES

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

PERSONNEL BOARD

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

PLANNING COMMISSION

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

RECREATION & PARKS COMMISSION

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

SISTER CITIES COMMISSION

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

TRAFFIC COMMISSION

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

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

**Save the Date for Winter Fun and
 Festivities at the Holiday Snow Village**

Start the holiday season at Barnes Park with snow, music, lights and a visit with Santa

Monterey Park's annual Holiday Snow Village event will feature a tree lighting, snow sled runs, holiday music and pictures with Santa - all at the Barnes Park Amphitheater. On Friday, December 1, join us at 6 p.m. as we welcome Santa with carols and help him light the Monterey Park tree. Following the tree lighting, attendees will be entertained by holiday music, snow play with two sled runs and a 900 square foot play area. The event will also have refreshments and a chance to take your picture with Santa. Remember to dress warm for this outdoor event and wear closed toe shoes to play in the snow.

Holiday entertainment will be provided by local schools.

We hope that you and your family will join us for this perfect start to the holiday season. For more information, please contact the Recreation and Community Services Department at recreation@montereypark.ca.gov or 626-307-1388.



**City Hall Frequently Used
 Phone Numbers**

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

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

City Hall Hours

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

City Events Calendar

November 1	Regular City Council Meeting, 7 p.m., City Hall Council Chamber.
November 10	Veterans Day Holiday (Observed), City Hall Closed.
November 11	Veterans Day Ceremony & Resource Fair, 10:30 a.m., City Hall Front Lawn.
November 14	City Council Guests & Presentations Meeting, 6 p.m., City Hall Council Chamber.
November 15	Regular City Council Meeting, 7 p.m., City Hall Council Chamber.
November 18	APHC Health Fair, 9 a.m.-1 p.m., City Hall.
November 18	Household Hazardous Waste Collection Event, 9 a.m.-3 p.m., East Los Angeles College.
November 23-24	Thanksgiving Day Holidays, City Hall Closed.
December 1	Holiday Snow Village Event, 6 p.m., Barnes 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.

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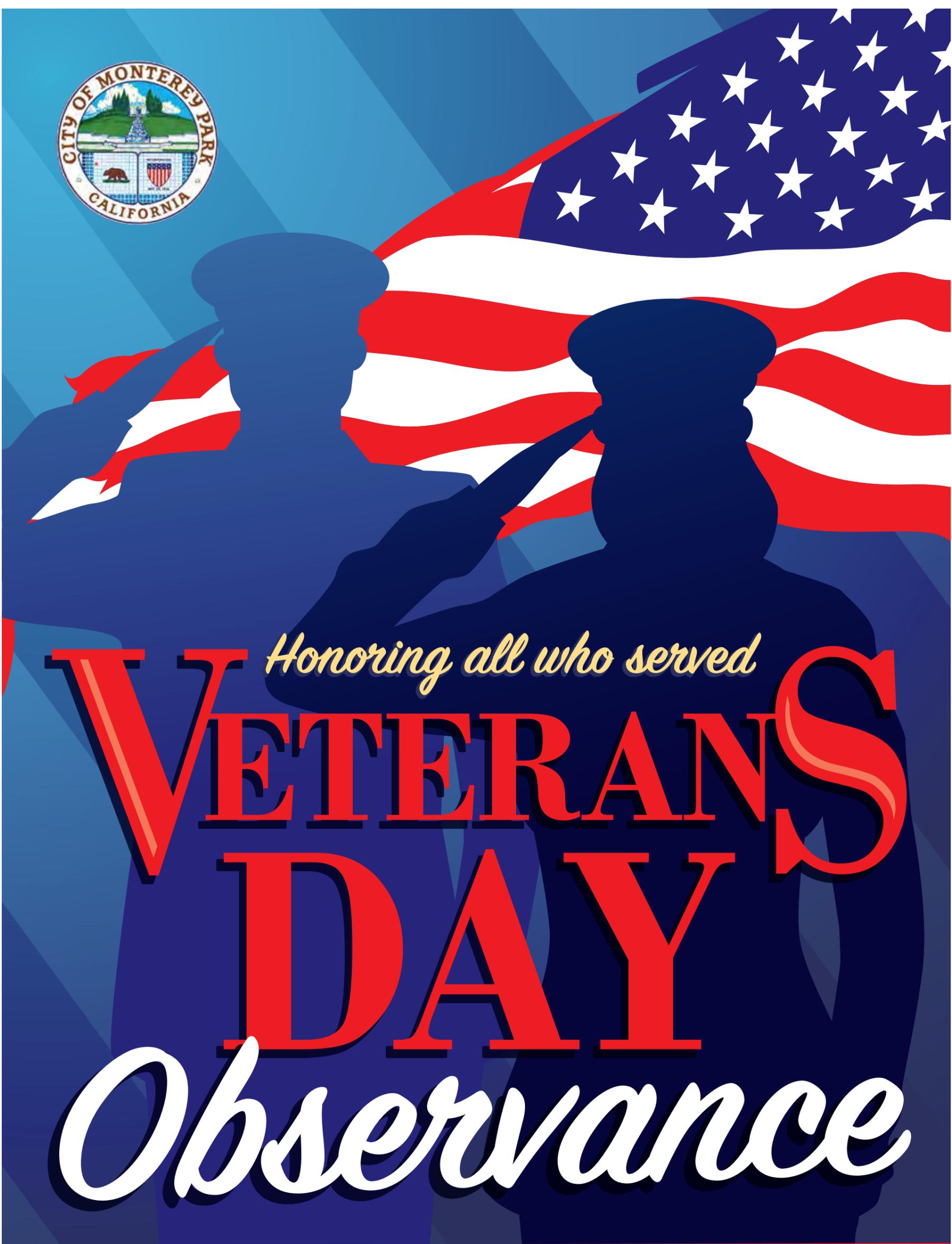
BE HUMBLE • BE GENTLE • BE STRONG

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



**MASTER
 HYUNG SUN KIM**
 U.S. Team Head Coach





Honoring all who served

VETERANS DAY

Observance

NOVEMBER 11 · 11 AM

In Front Of City Hall 320 W Newmark Ave.

RESOURCE FAIR 10:30AM–12:30PM

MPK PONY Baseball and USA Softball
2018 SPRING SEASON
 MPKBASEBALL15@GMAIL.COM

Registration Dates
 (Please bring your birth certificate to registration if you are NEW)
 10:00 am – 1:00 pm
EARLY BIRD Sign Ups - Saturday's - DEC 2nd, 9th, and 16th
REGULAR Sign Ups - Saturday's - JAN 6th, 13th, 20th and 27th
LATE Sign Ups - Saturday - FEB 3rd

Location: Garvey Ranch Park, Big Field, Snack Bar
 (OPPOSITE SIDE OF THE BASKETBALL COURTS AND OBSERVATORY)

Dodger Family Night Fundraiser
 Every family required to purchase 3 Dodger tickets, plus 1 ticket for each add'l sibling




Registration Fees
 Family Discount: \$15 off each additional sibling
 Fees cover: Jersey, Cap, Socks, Belt, Trophy, Insurance, Umpires, Game Balls
NO Snack Bar Deposit or Duties / Volunteer Team Managers Receive a Matching Jersey and Cap

EARLY BIRD SIGN UPS (DEC)
 3 – 4 years old (4U Division) - \$50
 5 – 14 years old (6U, 8U, 10U, 12U, 14U Division) – \$100

REGULAR SIGN UPS (JAN)
 3 – 4 years old (4U Division) – \$60
 5 – 14 years old (6U, 8U, 10U, 12U, 14U Division) – \$120

LATE SIGN UPS (FEB)*
 3 – 4 years old (4U Division) – \$70
 5 – 14 years old (6U, 8U, 10U, 12U, 14U Division) – \$140
 *Uniform is not guaranteed for opening day if signed up after February 10th

Player Evaluations/Draft **Opening Ceremonies**
 January 22nd, 2017 – 8U Div 6pm / 14U Div 7pm February 17th
 January 24th, 2017 – 10U Div 6pm / 12U Div 7pm

10th Annual
Monterey Park Health Fair
 免費健康檢查

Saturday,
November 18th, 2017
9am-1pm

2017年11月18日
9點-1點



Monterey Park City Hall
 蒙市市政府

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

Free Screenings:
 blood glucose,
 cholesterol,
 stroke,
 mammogram,
 vision,
 dental,
 bone density,
 and more!

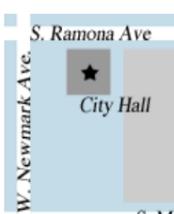
免費檢查項目:
 血糖
 膽固醇
 腦中風
 乳房 X 光
 視力
 牙齒
 骨密度
 和更多內容!

No insurance required!
 Translation available!

不需要醫療保險!
 我們會提供中文翻譯!

Email questions to
aphc.hf@gmail.com

若有問題, 請聯絡
aphc.hf@gmail.com



This event is co-organized by the Asian Pacific Health Corps at UCLA and the city of Monterey Park and funded by the Community Activities Committee of the Program Activities Board at UCLA.



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Is time of the essence?
On average we have been selling homes 5.6% higher than market prices and at a faster pace.
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JUST LISTED! **Listed \$818,000**
1197 Brier Cliff Way., Monterey Park
 Prime location at view lot.
 Clean, well maintained 3bed/2bath,
 Den/Dining room 1500 Sqft.

IN ESCROW! **Listed \$598,000**
849 Mira Valle St., Monterey Park
 Totally Remodeled Beautiful House in Alh SD.
 Brightwood School Dist. 2bed/2bath, Bonus room,
 view, Call us today to see it, before too late.

JUST LISTED! **Listed \$675,000**
2193 College View Dr., Monterey Park
 Located in Alh SD, Brightwood School/
 Mark Keppel High school.
 Clean, Spacious 3 bed/2bath, Family room 1728Sqft.

JUST SOLD! **Sold \$768,000**
 Listed \$768,000
240 W. Markland Dr., Monterey Park
 Beautifully remodeled,
 4 Bed, 3Full Bath, Dining Room, Family Rooms
 2638 Sq.Ft with Fantastic View

JUST SOLD! **Sold \$1,100,000**
 Listed \$1,130,000
782 Ridgecrest St. Monterey Park
 Superior Location w/Panoramic View
 Top of the Hill, few steps to the Sequoia Park
 5bed/3bath/ 2620 sqft, Japanese Garden

JUST SOLD! **Sold \$495,000**
 Listed \$428,000
261 S. Atlantic Blvd #B Monterey Park
 Exceptionally nice contemporary townhouse
 2 bed, 2.5 bath, bonus room

JUST SOLD! **Sold \$660,000**
 Listed \$638,000
150 E. El Repetto Dr. Monterey Park
 Well maintained
 3 bed, 2 full bath, spacious sun room
 Alhambra school district

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

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

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JUST SOLD! **Sold: \$710,000**
 Listed: \$708,000
309 Casuda Canyon Dr. Monterey Park
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Enjoy eBooks Anytime, Anywhere with New Digital Book Service

Browse, borrow and enjoy digital books directly on your computer, tablet, or mobile device with Monterey Park Bruggemeyer Library's new 24/7 digital collection. With hundreds of popular titles to choose from, this new collection is guaranteed to have something for everyone. You can enjoy best-sellers and classic literature, books for children and teens, and much more anytime and anywhere using your library card and internet access. Visit <https://scdl.overdrive.com/> and with your library card go to the sign in page, select Monterey Park Bruggemeyer Library and sign into your library branch. Borrowed eBooks and audiobooks can be enjoyed immediately in your web browser or can be downloaded to the free OverDrive app for mobile devices. Digital titles can also be enjoyed on tablets and eReader devices such as the iPad, and Kindle. No matter how you plan to enjoy reading, titles will automatically expire at the end of the lending period. There are no late fees! This new free service is powered by OverDrive and is free with your library card. For more information about this new library service, contact the library at 626-307-1368.

Education Careers Workshop

Education professionals will share the challenges and joys of working in public schools and colleges at the Education Careers Workshop on Sunday, November 19 at 2 pm in the Friends Room. A panel of education professionals will discuss the preparation, credentials and qualifications needed for careers as teachers, administrators, and psychologists in education. Following the presentations, the audience can join in a Q/A with the panelists. The Education Careers Workshop is co-sponsored with the Chinese American Education Association and the Chinese American Citizens Alliance Youth Council. For more information about the free workshop, call the Reference Desk at 626-307-1368.

Friends of the Monterey Park Bruggemeyer Library

The Seasonal Holidays are coming and the Friends of the Monterey Park Library bookstore are celebrating them by offering See's Candies for purchase and book sales at huge discounts! Why not pair a box of chocolates with a great book as a gift for that someone special in your life, or just for yourself. The Friends of the Library bookstore has a large selection of used books in excellent condition along with great DVDs and CDs for every musical taste. Books, candies, movies and music are a great way to bring in the holidays. The bookstore is open during regular Library hours.

Homework Help

The Library offers free homework assistance to elementary school children during the academic year on Mondays, Tuesdays and Wednesdays from 3:30- 5:00 pm in the Children's Department.

Students may bring in assignments and receive help from high school volunteers. No registration is required but parents must remain with their children – this is not a drop off program. There will be no homework help during the week of

Thanksgiving.

In-N-Out Reading Program

Read five books and receive a certificate for a free burger in the In-N-Out Cover to Cover Reading Program. Children ages 4 to 12 are eligible to participate. The program ends on November 18, 2017.

Little Explorers

Thursday, November 2 at 11:00 am in the Friends Room
Infants through preschool aged children are invited to explore fall themed sensory bins! Children must be accompanied by an adult. Please wear play clothes that can get dirty, as some activities may be messy.

Afterschool Art

Thursday, November 9 at 3:00 pm in the Friends Room
Get creative at the library! Children ages 5-12 are invited to join us in creating a collaborative masterpiece.

Homeschool Meetups

Monday, November 13, 12:30 – 1:30 pm in the Children's Department

Meet up with other homeschool families at the library every second Monday of the month. Share ideas, discuss issues and meet new friends! No registration is required.

Children's Computer Classes

Wednesday, November 15 at 3:30 pm in the Computer Lab
Monthly computer classes for 6 - 11 year olds that will teach kids the basic computer skills they need to complete homework assignments. The program will last 45 minutes to an hour and no registration is required.

Robot Car Tween Program

Thursday, November 16, 2017, 3:00 pm in the Friends Room
Kids 8-12 years old will develop their STEM skills to operate robotic cars, create a maze, and build their car.

Library Storytimes

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

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

1,000 Books Before Kindergarten

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

To participate:

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

Chromebooks Available @ the Library!

Chromebooks are available for in-library checkout to library cardholders ages 14 and older on a first-come, first-

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

Free Legal Assistance Clinics

Tuesday, November 14, Friends Room 6-8 pm
Volunteer attorneys will be on hand to answer legal questions at free legal assistance clinics sponsored by the Asian Pacific American Bar Association (APABA). Volunteer attorneys will answer questions about immigration, criminal law, civil matters, estate planning, government benefits, labor and employment. For more information and to register for the free legal assistance clinics call the Reference Desk at (626) 307-1368.

Monday Night iPad Basics Classes

Did you have a new iPad and want to learn how to use it? Join us on Mondays, November 6, 13, and 27 from 7 pm - 8:30 pm in the Computer Lab to learn iPad essentials. Adults should bring their own iPads for hands-on practice at the classes. To register for the free classes contact the Reference Desk or call (626) 307-1368.

Wednesday Music and Digital Photo Computer Classes

Learn how to post your photos on the Web, how to edit your digital photos, and how to access digital music on Wednesdays, November 1, 8, and 15 from 10:30 am to 11:45 am in the Computer Lab located on the 2nd floor. Space is limited and registration is required for the free classes. To register for the free classes contact the Reference Desk or call (626) 307-1368.

November Film Schedule

Midweek Movie @ the Library

Wednesday, November 1 at 3 pm in the Friends Room
Action, adventure, fantasy film rated PG13. Jack Sparrow is at it again. Thrust into an all-new adventure, a down-on-his-luck Capt. Jack Sparrow feels the winds of ill-fortune blowing even more strongly when deadly ghost sailors led by his old nemesis, the evil Capt. Salazar, escape from the Devil's Triangle. The film runs 153 minutes. Program Audience: Teens and Adults. Please contact the Reference Department for further information at (626) 307-1368.

Monthly Film Program @ the Library

Wednesday, November 15 at 2 pm in the Friends Room
Free movies and snacks in the Friends Room. Watch a newly released feature film DVD or an award winning international film. Program Audience: Adults.

Anime/Manga Club

Join the library's Anime/Manga Club and watch the latest Anime releases. Meet other Otaku and discuss new titles for the library. We meet on the fourth Wednesday of each month from 3:30-5:00 pm in the Friends Room. See you on November 22.

International Game Day

In conjunction with ALA and International Game Day, the library will host a special Chess themed gaming session on November 29 at 3 pm in the Friends Room. Chess promotes key intellectual skills such as problem solving, logical thinking, pattern recognition and concentration. Monterey Park being at the crossroads of east and west is in a unique position to showcase two versions of this "international game." There will be instruction in both Western as well as Chinese Chess. If you know one, why not learn another! Please contact the Reference Department for further information at (626) 307-1368.

A Message from the Monterey Park Woman's Club

Monterey Park Woman's Club meets on the 2nd Wednesday of each month except for July and August at 10 a.m. and 7 p.m. Both meetings are at 440 S. McPherrin Avenue, Monterey Park in the Barnes Park Service Club House. Over 100 members strong, all working for good in the community. Come join us or contact us at montereyparkwomensclub@gmail.com.



Authentic Style Japanese Family Restaurant



Try our Bento Boxes:
Starting at 8.95 for Lunch



Udon/Soba (Starting 5.50) & Donburi (Starting 6.50)

Sushi Sai (626) 300-8495

625 S. Atlantic Blvd, Monterey Park, Ca 91754

Bring ad in from Cascades Newspaper, receive free green tea ice cream!

LANGLEY SENIOR CENTER

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

NOVEMBER DATES TO REMEMBER:

- November 1, 8, 15 & 29—Notary Services, 11:30am—1:00pm
- November 13—Mature Driver's Class, 8:30am—4:00pm
- November 16—Thanksgiving Luncheon, 11:00am
- November 20—Commission on Aging Meeting, 11:00am
- November 21—Blood Pressure Screening, 9:00am—11:00am
- November 24—Case Management Services, 10:00am—12:00noon

UPCOMING WORKSHOP DATES TO REMEMBER:

- November 1—Free Flu Shots, 9:00am—11:00am
- November 7, 14, 21, & 28—AltaMed PACE Workshop, 1:00pm—3:00pm
- November 15—Health Net MediConnect Workshop, 9:30am—11:00am

欢迎参加 Health Net 讲座, 了解什么是 Cal MediConnect 计划 (综合 Medicare-MediCal 计划) 时间: 11/15/2017 早上九点半

HOLIDAY DATES TO REMEMBER:

- November 10-11—Veterans Day Holiday, Langley Center CLOSED
- November 23-24—Thanksgiving Holiday, Langley Center CLOSED



Free Dial-A-Ride Shopping Trip

When: Every Thursday

Time: Starts at 10:00 AM sharp; Return pick up at 12:30 PM

Where: 1935 Potrero Grande Drive, Monterey Park, 91754

This event will continue every Thursday after May 4th.

时间: 2017年5月4日星期四

时间: 从10:00 AM开始; 返回上午12:30

地点: 1935 Potrero Grande Drive, Monterey Park, 91754

此活动将于5月4日之后的每个星期四继续进行。

SENIOR LUNCH PROGRAM

Monday—Friday 11:00 a.m.—12:15 p.m.

Must be at least 60 yrs and older

Join us for a hot lunch meal in our Main Dining Room.

Reservations must be made in advance on Monday from 8:00 a.m. 9:15 a.m. for the following week.

Suggested donation \$3.00

MEALS ON WHEELS

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

ACTIVITIES, SERVICES & WORKSHOPS

AARP SENIOR TECH WORKSHOP—(Next workshop in January 2018 TBA). AARP brings you FREE hands-on technology workshops in order to help you make the most out of your mobile devices. You do not have to be an AARP member.

BLOOD PRESSURE SCREENING - November 21, 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, 11:30am—1:00pm

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

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

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

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

BALLROOM DANCE CLASSES
Glenn Yata, Instructor, Every Wednesday 6:30 p.m.—9:30 p.m. and Every Friday 7:30 p.m.—10:00 p.m. Learn the basics of ballroom dance and enjoy a wonderful evening with a classic instructor that will teach you fundamentals. Fee: \$5.00 per lesson

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

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

TRANSPORTATION SERVICES

DIAL-A-RIDE

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



什麼是耆英免費接送專車 (DIAL-A-RIDE)

耆英專車接送服務是免費的, 專為蒙特利公園市居住的年齡在55歲以上長者或者是殘障需求的居民, 提供蒙特利公園市內專車接送服務。因醫療方面的

預約, 蒙特利公園市居民還可以享受專車接送服務到, 阿罕布拉市, 蒙地貝婁市, 聖蓋博谷市及其他洛杉磯郡附近相鄰的城市

MATURE DRIVER'S IMPROVEMENT—October 9, 2017
Class held from 8:00 A.M. - 4:00 P.M. Each senior must register in person with a valid California Driver's License. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums. FEE of \$1.00 includes State Certificate of Completion. For information call (626) 307-1395.

METRO "TAP CARD"

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

Small fee for materials used. Ping Wen Chiang, Painting Instructor Thursday, 9:30A.M.-11:45 Noon

CHINESE BRUSH PAINTING (Tentatively Cancelled)

\$25 Materials fee. Peter Li, Instructor Thursday, 9:30A.M.-11:45 Noon

ENGLISH CONVERSATION

Refine your English language skills in conversation with other students.

Betty Cheng, Instructor Thursday, 9:15 A.M.-11:30 A.M.

KARAOKE

Betty Cheng, Instructor Tuesday, 9:00 A.M. - 12 Noon

NEEDLE CRAFT WORKSHOP

Sew or knit with friends learning new skills or sharing your designs. Tuesday, 9:00A.M.-11:00A.M.

LINE DANCING - Main Room

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

Instructors: Jeannie Chau, Sandra Lin, Beryl Shieh Advanced: Monday and Tuesday, 10:00 A.M. - 11:00 A.M.

Instructors: Jeannie Chau, Mary Chan, Beryl Shieh Beginner: Friday - 9:00 A.M. - 11:00 A.M.

Class Room 2

YUAN CHI DANCE/TAI CHI EXERCISE

Sandra Lin and Rosa Yee, Instructors Monday - Tuesday, 8:00 A.M. - 10:00 A.M.

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

MEMORY MAKERS FITNESS

Includes Yuan Chi Dance, Line Dance and Tai Chi Exercises Sandra Lin and Rosa Yee

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

FRIENDSHIP CHORUS

Director: Prof. Ping Qiao Wednesday, 9:30 A.M. - 12:00 Noon

CHINESE EVERGREEN CHORUS

Director: Dolly 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

FALL SESSION BEGINS

OCTOBER 4—DECEMBER 19, 2017

FALL REGISTRATION WILL START SEPTEMBER 5!

CHAIR FITNESS EXERCISE

Aerobic movement, strength training, exercises for joint mobility and stretching all performed in a seated position. Perfect for students with balance issues or those recovering from an illness or injury. This wellness course blends yoga, breath work, strength building and most importantly brain charging exercises!

4215.201 Tues/Thurs 1:30 P.M. - 2:30 P.M. \$50.00

4215.202 One day per week 1:30 P.M. - 2:30 P.M. \$35.00

FITNESS AFTER 50

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

FITNESS AFTER—BEGINNING LEVEL

4215.203 Mon/Wed 1:00 P.M.- 2:30 P.M. \$55.00

4215.204 Fri 10:00 A.M.- 11:00 A.M. \$35.00

FITNESS AFTER 50 - ADVANCE CLASS

4215.206 One day per week 2:45 P.M.- 4:15 P.M. \$38.00

4215.212 Mon/Thurs 2:45 P.M. -4:15 P.M. \$55.00

LATIN DANCE

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

4215.211 Fri 11:00 A.M.—12:00 P.M. \$55.00

PILATES (NEW CLASS)

Introducing a unique method of conditioning that allows you to reshape and redefine your body. This mat workout will create a

strong center with firm abs and a healthy back. We will also condition the legs and shape up those glutes! Bring a mat or towel to use in class.

4215.209 Sat 10:30 A.M.—11:30 A.M. \$55.00

POLYNESIAN DANCE 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 rhythm and learn a new dance!

4215.210 Fri 12:00 P.M.—1:00 P.M. \$55.00

YOGA

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

4215.218 Tues and Thurs 2:45 P.M. - 3:45 P.M. \$55.00

4215.219 Once a week 2:45 P.M.—3:45 P.M. \$38.00

ZUMBA GOLD

Dress to sweat in this low impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life! Some of the dance styles include: Meringue, Salsa and Cumbia. Instructor is Zumba and Zumba Gold licensed.

4215.207 Tues 12:15p.m. - 1:15p.m. \$38.00

ZUMBA DANCE (NEW CLASS)

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

Instructor: Lupe Zarias 4215.221 Tues/Thurs 5:30 P.M.—6:30 P.M. \$48.00

TABLE TENNIS, BILLIARDS AND FITNESS ROOM

Open Play—Monday to Friday 8:00 A.M.—4:45 P.M. Saturday and Sunday 8:00 A.M.-1:45 P.M.

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

4602.201 Monday—Friday 6:00 A.M.—8:00 A.M. \$39.00

4602.205 Monday—Friday 7:00 P.M.—9:00 P.M. \$39.00

SENIOR TRIPS & TOURS

TOUR DESK IS OPEN Monday—Friday 8:00am—5:00pm 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 Or register online at www.montereypark.ca.gov

Harvest Festival Art and Craft Show

December 1, 2017 9:00 am—4:00 pm

Cost \$10.00 per person

Shoppers Alert! Over 24,000 handmade creations to choose from at the Pomona Harvest Festival Original Art and Craft Show in Pomona Fairplex! Ring in the season with over 300 exhibits, strolling performers, and craft demonstrations!

Cabazon Outlets & Morongo Casino, Cabazon

December 6 2017 7:30 am—5:00 pm

Cost \$10.00 per person

Check-In Time: 7:30 a.m.

Trip Starts: 8:00 a.m.—5:00 p.m.

Join us for some quality outlet shopping with unique desert landscape located between Palm Springs and Los Angeles, Cabazon.

Lake Havasu Balloon Festival, Laughlin, Nevada

January 18-22, 2018

Cost \$499.00 Per Person, Double Occupancy

\$699.00 Per Person, Single Occupancy

Deluxe Motorcoach, Professional Tour guide traveling through the historic Route 66 Highway to absorb the beauty of the desert scenery! You will check into Laughlin's Aquarius Hotel and Casino with a narrated cruise on the Colorado River.

Council Action Review

Regular Meeting of September 6, 2017

The meeting was called to order at 7:06 p.m., with all council members present.

Presentations Daniella Alcedo, SPA 3 Regional Coordinator Policy & Planning Department of the Los Angeles Homeless Services Authority (LAHSA), provided a presentation regarding the 2016 homeless counts and findings. Monterey Park Police Officer Delgado provided a brief process on how the city handles encountering a homeless person.

The City Council acting on behalf of the Successor Agency New Business

Agenda Item 2-A. Approved payment of warrants and adopted Resolution No. SA-142 of the Successor Agency to the former Monterey Park Redevelopment Agency allowing certain claims and demands per warrant register dated September 6, 2017 totaling \$2,019.84 and specifying the funds out of which the same are to be paid.

Agenda Item 2-B. Approved the minutes from the regular meetings of July 5, 2017 and July 19, 2017 and the special meetings of July 5, 2017, July 17, 2017 and July 19, 2017.

Consent Calendar None.

Public Hearing None.

RECESSED AND RECONVENED

Recessed at 8:50 p.m. and reconvened with all council members present at 9:03 p.m.

Old Business

Agenda Item 5-A. Adopted Resolution No. 11956 memorializing its final decision from August 16, 2017 in the appeal regarding 420 North Atlantic Boulevard. Resolution No. 11956, entitled:

A RESOLUTION OF THE MONTEREY PARK CITY COUNCIL UPHOLDING A PLANNING COMMISSION DECISION ADOPTING A SUPPLEMENTAL MITIGATED NEGATIVE DECLARATION AND A MITIGATION MONITORING AND REPORTING PROGRAM, AND APPROVING A MODIFICATION OF A CONDITIONAL USE PERMIT (CUP-17-02) AND A TENTATIVE MAP NO. 074409 (TM-17-02) FOR THE CONSTRUCTION OF

A NEW MIXED-USE DEVELOPMENT AT 420 NORTH ATLANTIC BOULEVARD

Agenda Item 5-B. Received and filed the report, and introduced and waived first reading of the proposed ordinance as amended in Section 9.06.080 to read "The minimum safe altitude established by this chapter does not apply where take-off or landing is necessary for emergency situations or for public safety activities."

Ordinance, first reading entitled:

AN ORDINANCE AMENDING MONTEREY PARK MUNICIPAL CODE CHAPTER 9.06 IN ITS ENTIRETY TO REGULATE AIRCRAFT WITHIN THE CITY OF MONTEREY PARK

New Business

Agenda Item 6-A. Made such changes as may be appropriate and authorized the Mayor to sign and send the draft letter to the FAA Administrator, as amended to include 5 signatures from the Council and to send the letter to FAA, Quiet Skies Caucus, Authors of HR 598, LAX & LAWA Executive Officer, Director of Transportation & Planning of the Southern California Association of Governments.

Agenda Item 6-B. Approved payment of warrants and adopted Resolution No. 11957 allowing certain claims and demands per Warrant Register dated September 6, 2017 totaling \$3,238,823.98 specifying the funds out of which the same are to be paid.

Agenda Item 6-C. Approved the minutes from the regular meetings of July 5, 2017 and July 19, 2017 and the special meetings of July 5, 2017, July 17, 2017, and July 19, 2017.

Agenda Item 6-D. Award of contract - North Atlantic Boulevard traffic signal synchronization project. This item was tabled to the next meeting.

Agenda Item 6-E. Authorized the City Manager to execute a one-year agreement, in a form approved by the City Attorney, with Smart Energy Systems LLC (SES), to implement the pilot workforce management system for a cost not to exceed \$38,000.

Agenda Item 6-F. Adopted Resolution No. 11958 approving implementation of a Memoranda of Understanding

between the City of Monterey Park and the Monterey Park Confidential Employee Association; and (2) authorized the expenditure of \$56,034 for the 2017-2018 fiscal year, and amend the 2017-2018 Budget accordingly

Agenda Item 6-G. Awarded a contract for Fire Station No. 61 Parking Lot Reconstruction to P & P Develop Inc. in the amount of \$288,870; (2) authorized the Fire Chief and Public Works Director to approve construction change orders up to \$28,887 or 10% of construction contract amount for this project; and (3) authorized the City Manager, or designee, to execute the contract on behalf of the City in a form approved by the City Attorney.

EXTENSION OF COUNCIL MEETING TO 11:13 P.M.

Agenda Item 6-H. Authorized the City Manager to execute a contract, in a form approved by the City Attorney to Fiesta Taxi to provide supplemental Dial A Ride transportation services to resident senior citizens and disabled individuals. Service to participants would be available 24 hours a day, seven days a week; with the participant paying one dollar a trip and the City paying the balance. Funding for this program would come from Proposition A funds (Aid to Private Agencies account 0109-801-6511-41200).

Council Member Communications and Mayor/Council and Agency Matters

Discussion only – no action taken

Adjourned - 11:06 p.m.

Special Meeting of September 11, 2017

The meeting was called to order at 7:04 p.m., with all council members present.

New Business

Agenda Item 1. Interviewed candidates for two open seats on the Library Board of Trustees. Appointed Andrew Yam and David Barron.

Adjourned - 08:55 p.m.

Regular Meeting of September 20, 2017

The meeting was called to order at 7:06 p.m., with a majority of council members present.

AGENDA ADDITION

The addition of agenda Item Nos. 1A and 1B from the 6:15 p.m. special City Council meeting.

Agenda Item 1-A. Adopted Resolution No. 11960 declaring and proclaiming September 15 through October 15, 2017 as National Hispanic Heritage Month.

Agenda Item 1-B. Adopted Resolution No. 11959 declaring and proclaiming October 15 through October 21, 2017 as Freedom from Workplace Bullies Week.

Presentations

Agenda Item 1-A. The Mayor presented the City Clerk with a Proclamation supporting National Voter Registration on September 26, 2017.

Agenda Item 1-B. Community and Economic Development Director Huntley provided a PowerPoint presentation on major projects throughout the city.

The City Council acting on behalf of the Successor Agency

New Business

Agenda Item 2-A. Received and filed the Monthly Investment Report for August 2017.

Consent Calendar None.

Public Hearing

Agenda Item 4-A. Opened the public hearing at 8:23 p.m., received public comment and closed the public hearing

at 8:26 p.m.; (2) adopted Resolution No. 11961 approving the 2016-2017 Consolidated Annual Performance and Evaluation Report (CAPER) and; (3) authorized the City Manager, or designee, to execute and submit the necessary documents to the U.S. Department of Housing and Urban Development (HUD) for its review and approval.

Old Business

Agenda Item 5-A. Waived the second reading and adopted Ordinance No. 2142 amending Monterey Park Municipal Code Chapter 9.06 regulating aircraft within the City of Monterey Park.

Ordinance No. 2142, entitled:

AN ORDINANCE AMENDING MONTEREY PARK MUNICIPAL CODE CHAPTER 9.06 IN ITS ENTIRETY TO REGULATE AIRCRAFT WITHIN THE CITY OF MONTEREY PARK

Agenda Item 5-B. Authorized the City Manager to execute a public works contract in a form approved by the City Attorney, with Comet Electric, in the amount of \$367,208.00 for the North Atlantic Boulevard Traffic Signal Synchronization Project; (2) authorized the Interim Public Works Director to approve construction change orders and contingency up to \$55,081.00 or 15% of contract amount for this project; and (3) approved pre-funding the project using local Measure R Funds in the amount of \$422,289.00.

RECESSED AND RECONVENED - The City Council

recessed at 9:05 p.m. and reconvened with all council members present at 9:20 p.m.

New Business

Agenda Item 6-A. Approved payment of warrants and adopted Resolution No. 11962 allowing certain claims and demands per Warrant Register dated September 20, 2017 totaling \$1,095,747.01 specifying the funds out of which the same are to be paid.

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

Agenda Item 6-C. Adopted Resolution No. 11963 authorizing the City Manager, or designee, to execute all grant related documents for the Rubberized Pavement Grant Program, in a form approved by the City Attorney.

Council Member Communications and Mayor/Council and Agency Matters

Agenda Item 7-A. First reading and introduction of an ordinance amending Monterey Park municipal code section 2.82.030 and 2.82.40. Discussion only, no action taken.

Agenda Item 7-B. Adopted Resolution No. 11964 declaring the City of Monterey Park to be dedicated to preserving the rights of all persons within its jurisdiction; adopting interim policies; and directing the City Manager and City Attorney to provide additional information for implementing the intent of this declaration.

Adjourned - 10:09 p.m.



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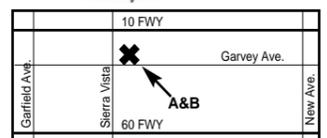
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Guide to the Night Sky

By Tre Gibbs, Los Angeles Astronomical Society

Here we are, right in the middle of autumn and I find myself with a relatively familiar problem...an evening sky with almost no visible planets to view or talk about. Every planet has its own particular orbit around our nearest star, the Sun. The closer a planet is to the sun, the faster it will travel around it. For example, Mercury, the planet closest to our sun, takes roughly 88 Earth days (almost 3 months) to make one orbit around the Sun. Jupiter, the planet beyond Mars, takes about 12 Earth years to make this same journey, while Neptune, the farthest planet in our solar system, takes about 165 Earth years to orbit the Sun once. If you're curious about tiny Pluto, it takes about 250 Earth years to go around the Sun. See, all of the planets are moving at different speeds, in different orbits around the Sun, so naturally there are times when we will see a bunch of them in the night sky and times when we won't. This month is one of those times.



mid winter, Orion is high overhead at midnight but by early spring, Orion is closely behind the setting Sun on the western horizon.

This month's full moon is known as The Full Beaver Moon. In preparation for winter, trappers would take advantage of the beavers engaging in their own busy preparations for the coming winter and harvest their fur. On November 3rd at 10:23 p.m., the Moon will be at its fullest phase. Since the Moon is constantly moving, orbiting our planet every 28 days (+/-), it will only technically be full for a minute or two, but it moves so slowly that it will appear almost full to us down here on earth the day before and the day after as well.

So that's it for this month. Remember to set your clocks back one hour early Sunday morning on the 5th and have a peaceful and happy Thanksgiving.

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.

Saturn, the Roman god of agriculture, is barely visible, appearing very low on the south-western horizon this month as he inches closer and closer toward the Sun's glare. Venus, The Goddess of Beauty and Love, is very low on the eastern horizon just prior to sunrise, also inching closer to the Sun's glare. Both are heading toward the Sun's glare - but in opposite directions. Mars is the only planet right now that you can spot in our night sky, but it's very faint and rises around 4:00 am, visible above the eastern horizon by 4:45 - 5:00 am mid month. From Earth's current yet temporary perspective (since we are moving, too) the other "naked eye planets" - Jupiter and Mercury - are rendered practically invisible by the Sun's glare, as they appear to wander behind and in front of the Sun in their own particular orbits.

So let's talk about one of the most recognizable constellations in the night sky, Orion the Hunter. First of all, a constellation is a grouping of stars that form imaginary outlines or meaningful patterns, typically representing animals, mythological people or creatures. There are 88 of them! Orion is one of the easiest constellations to spot in the winter due to the three stars in a row that make up his belt. There are two bright stars above the belt that make up his shoulders, and two bright stars below that make up his knees or ankles. This particular grouping of stars signals the return of winter as he appears to rise above the eastern horizon this month just prior to midnight. By

Monterey Park Welcomes the Law & Mediation Offices of Elizabeth Yang

By the Economic Development Division

On October 2, Elizabeth Yang hosted a grand opening of her offices, located at 199 W. Garvey Avenue, Suite 201.

Yang grew up in Monterey Park and feels very connected to the community. She has a strong desire to assist residents with their legal needs that may seem overwhelming and complex. Her firm offers step-by-step assistance in filing for intellectual property needs, as well as assisting with business entity formation. Yang understands the great need for family law services and they are ready to assist families in resolving family matters such as child support, child custody, prenuptial agreements, postnuptial agreements, mediation, and divorce.

Her mission is to be the premier law firm in Southern California for her clientele's intellectual property law, business law and family law. The firm also handles traffic citation needs.

Yang and her staff are committed toward assisting clients through the various legal processes and make those processes as smooth as possible.



The law offices will be offering free legal workshops every first Monday of every month beginning Monday, November 6, 2017 from 7-8 p.m. at 199 W. Garvey Avenue, Suite 201.

STREET BEAT MONTHLY CRIME LOG

Addresses are identified by block number, not exact address.

September 2017

- AUTO BURGLARY**
 S ORANGE AVE / E GRAVES AVE
 400 S LINCOLN AVE
 300 E POMONA BLVD
 300 E POMONA BLVD
 100 N ATLANTIC BLVD
 900 W GARVEY AVE
 2300 S ATLANTIC BLVD
 2300 S ATLANTIC BLVD
 800 W EL REPETTO DR
 400 S ATLANTIC BLVD
 700 W GARVEY AVE
 600 W GLEASON ST
 BLEAKWOOD ST/ FIRST ST
 300 LADERA ST
 500 E GARVEY AVE
 1900 SATURN ST
 1700 ALISAR AVE
 1200 RIDGECREST ST
 300 S ATLANTIC BLVD
 2300 S ATLANTIC BLVD
 500 N ATLANTIC BLVD
 2500 CORPORATE PL
 1100 COLLEGE VIEW DR
 1900 POTRERO GRANDE DR
 200 N HUNTINGTON AVE
 2000 BROCKWELL AVE
 2000 S ATLANTIC BLVD
 300 N ATLANTIC BLVD
 400 S ATLANTIC BLVD
 1200 W NEWMARK AVE

- AUTO THEFT**
 S/B GARF EL REPETTO
 500 N MOORE AVE
 400 POTRERO GRANDE DR
 500 N ATLANTIC BLVD
 1200 KENTON DR
 800 RIDGECREST ST
 RIDGECREST ST / W FLORAL DR
 700 CADIZ ST
 200 W MARKLAND DR
 1400 BRIGHTWOOD ST
 200 S ATLANTIC BLVD
 1300 AVENIDA CESAR CHAVEZ
 1500 STAR RIDGE DR
 1300 AVENIDA CESAR CHAVEZ
 300 N ATLANTIC BLVD
 1400 HIGHLAND DR
 900 ISABELLA AVE
 2000 S ATLANTIC BLVD
 1300 AVENIDA CESAR CHAVEZ
 S/B GARF EL REPETTO
 500 N MOORE AVE

- BURGLARY COM**
 700 W GARVEY AVE
 2400 S GARFIELD AVE
 4400 RAMONA BLVD
 500 E GARVEY AVE
 500 E GARVEY AVE
 400 POTRERO GRANDE DR
 700 S ATLANTIC BLVD
 500 E GARVEY AVE
 500 E GARVEY AVE
 1900 POTRERO GRANDE DR
 900 MONTEREY PASS RD
 100 N MOORE AVE
 1900 POTRERO GRANDE DR
 300 N ATLANTIC BLVD
 100 N GARFIELD AVE
 2100 S ATLANTIC BLVD
 2100 S ATLANTIC BLVD
 2200 S ATLANTIC BLVD

- BURGLARY RES**
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 51500 LOMA VERDE ST
 600 N NEW AVE
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 400 N ORANGE AVE
 400 N NICHOLSON AVE
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 300 W FERNFIELD DR
 900 FULTON AVE
 1000 FULTON AVE
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- ROBBERY**
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 MEDNIK/ACC
 1300 AVENIDA CESAR CHAVEZ
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TOO TOXIC TO TRASH

Household Hazardous Waste and E-Waste Roundup

Saturday, November 18, 2017
 9:00 am - 3:00 pm

East Los Angeles College
 Stadium Parking Lot
 Bleakwood Ave. and Floral Dr.
 Monterey Park

Open to all Los Angeles County residents

Dispose of Household Hazardous Waste and E-Waste the right way on Saturday: NOVEMBER 18, 2017

BUSINESS WASTE WILL NOT BE ACCEPTED.

What you CAN bring to an event (examples):

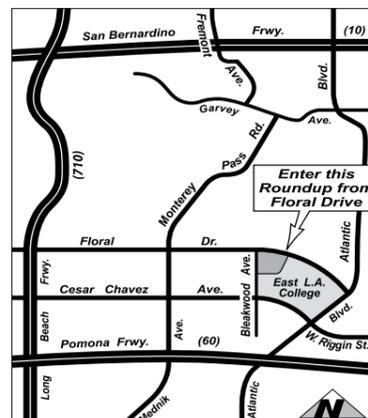
- Brake fluid, paint*, paint thinner, cleaners with acid or lye, pesticides or herbicides, household batteries and car batteries, pool chemicals, motor oil, oil filters, expired pharmaceuticals, anti-freeze, and fluorescent light bulbs.
- * You can also recycle paint at participating retailers through the PaintCare Program. Details at www.PaintCare.org or (855) 724-6809.
- Household electronic waste including: Computer monitors, televisions, computer CPUs, keyboards, printers, cell phones, etc.

What you CAN'T bring to an event:

- Waste from businesses.
- Explosives, ammunition and radioactive materials.
- Trash and tires.
- White goods such as refrigerators, stoves and washing machines, etc.
- Controlled substances.

How to prepare items for transportation:

- Bring the items in a sturdy box, preferably in their original labeled containers.
- Do not mix the items together.
- There is a limit of 15 gallons or 125 pounds of hazardous waste per trip.
- Be prepared to leave your containers and boxes. Remove all other items from your trunk.



Brought to you by the County of Los Angeles and presented by the Department of Public Works and the Sanitation Districts of Los Angeles County in cooperation with the cities of Alhambra, Bell, Bell Gardens, Commerce, Huntington Park, Los Angeles, Maywood, Montebello, Monterey Park, Pico Rivera, Rosemead, San Gabriel, San Marino, South El Monte, South Pasadena, and Vernon.

Home-generated sharps waste such as hypodermic needles, pen needles, syringes, lancets, and intravenous needles SHOULD NOT be placed in your trash. Bring them to the Roundups or visit www.CLEANLA.com for alternate disposal options.

Scan this code for a schedule of upcoming events and a complete listing of what you can and cannot bring, or contact: 1(888) CLEAN-LA • www.CleanLA.com, or 1(800) 238-0172 • www.lacs.d.org

You can also take your used motor oil to more than 600 recycling centers in Los Angeles County. Call 1(888) CLEAN-LA for a complete listing.

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Free Household Hazardous- and E- Waste Collection Event to be Held in Monterey Park

Saturday, November 18, 2017, East LA College Stadium parking lot

Household Hazardous Waste Collection Events, operated by the County and Sanitation Districts, are one-day, drive-through collection events where residents are invited to drive to a specific location to drop off their household hazardous waste and electronic waste (e-waste). There is a limit of 15 gallons or 125 pounds of hazardous waste per trip.

The events are scheduled in different areas throughout the County. They are free, open to all residents of LA County and are usually held on a Saturday from 9 a.m. to 3 p.m. No appointment is needed.

How to prepare for an HHW collection event:

- Pack HHW in cardboard boxes so that it does not spill during transport. Be prepared to leave your containers and boxes.
- Put like chemicals together. Separate unlike chemicals.
- Label materials that are not in their original containers.
- Make sure containers are not leaking and lids are tightly sealed.
- Put your boxes in your car trunk, away from passengers during transport. Remove all other items from the trunk.

- At the event, trained personnel will ask you to remain in your car while they remove the HHW from your trunk.

What they will NOT accept:

- Waste from businesses.
- Explosives, ammunition and radioactive materials.
- Trash and tires.
- White goods such as refrigerators, stoves, washing machines, etc.
- Controlled substances.

What happens to items collected?

Paint is reused for anti-graffiti. Motor oil is recycled into lubricants, marine diesel fuel, supplemental fuel, or re-refined motor oil. Residual HHW is carefully packed into special drums for proper disposal.

For more information and a calendar of collection events, please visit the LA County Department of Public Works website at <http://dpw.lacounty.gov/epd/hhw/collection.cfm> or search for "LA County HHW calendar."

MERCI Hosts 28th Annual Trees of Enchantment and Retirement Party for Executive Director Marta Escañuelas

Sunday, December 3, 2017 MERCI will host its 28th annual "Trees of Enchantment" fundraiser at Almansor Court – Lakeside Room, 700 S. Almansor Street, Alhambra. This will also be a retirement celebration for Marta Escañuelas, who has served as the Executive Director of MERCI for more than 20 years and been in the human services professions for 40 years. The champagne brunch starts at 11:00 a.m. Tickets are \$65 each or \$45 for children 5-12, if purchased in advance. Children under the age of 5 eat free. Tickets can be purchased online at <https://merci.givezooks.com/events/28th-annual-trees-of-enchantment-brunch>. Tickets purchased at the door are \$75 each or \$55 for children 5-12.

Escañuelas has been the Executive Director of MERCI since 2004 returning to the position after three years working for the San Gabriel Schools. In her position at MERCI she led the building project which built a new group home for six adults called "John and Mary's Place," a new administration building and a new multipurpose building. The project started with the City of Monterey Park awarding \$829,000 in HUD funds for part of the cost of the project. She went on to work with Genesis, LA and the Non-profit Finance Fund and other agencies to provide the needed loan funds to complete the buildings and with donors and foundations to help fund the projects. To complete the buildings she worked with the architect and the contractor over a period of more than ten years. These buildings make

a wonderful addition to Monterey Park and for adults with developmental disabilities.

Escañuelas is a past President of Monterey Park Rotary and current President of East Los Angeles-Montebello Business and Professional Women (BPW). Escañuelas served on the Mt. Baldy Community Association, has been the Chair of the Mt. Baldy Run to the Top, has written grants for thousands of dollars to benefit the community and foster parents abandoned dogs. Former 49th District Assemblymember Mike Eng recognized her in 2008 with a women's leadership award, former Monterey Park Mayor Benjamin "Frank" Venti in January 2009 awarded her the Mayor's Award of Excellence, in May 2008 the American Jewish University awarded her the Mickey Weiss Alumni of the Year Award, in October 2009 the East Los Angeles-Montebello BPW awarded her their "Woman of Achievement," in May 2011 the YWCA of the San Gabriel Valley awarded her their Woman of Achievement Award for "Promoting Freedom Through Community Service" and in 2013 Congresswoman Judy Chu selected her for inclusion in her "Women of Distinction" awards.

This annual brunch is an exciting way to start the holiday season and to wish Escañuelas a long and happy retirement. In addition to the delicious food, there will be a boutique where attendees can purchase craft items. Attendees can purchase

tickets to win one or more of the 20 beautifully decorated trees with gifts under them worth at least \$200. Santa Claus will also be attending the event.

Attendees can get their photo taken with the "big guy."

A group of parents of children with developmental disabilities from the San Gabriel Valley and East Los Angeles formed MERCI in 1955 as a school because at that time there were no educational options for their children. In 1962 MERCI moved into the 525 N. Chandler Avenue site which had been built in 1919. Over the years MERCI has moved into supporting adults with day programs and adults in residential homes. MERCI presently serves 125 adults with developmental disabilities from all over the San Gabriel Valley in five programs and in two residential homes.

People who cannot attend the event can make a donation by mailing a check to MERCI, P.O. Box 676, Monterey Park, CA 91754 or via MERCI's website at <http://www.merci.org>. Donations to MERCI are tax deductible, as MERCI is a 501 (c) 3 non-profit organization. For more information, contact Associate Directors of Program Bernice LaScala or Reyna Peña at 626-289-8817 or E-mail at blascala@merci.org or rpena@merci.org.



MERCI Executive Director Marta Escañuelas

Mark Keppel H.S. Alliance Donation Supports Incoming Freshmen

By Ivy Yuan, Mark Keppel High School Senior

Mark Keppel High School Alliance delivered yet another noteworthy and honorable act of service when they donated \$500 to go toward student endorsement at Mark Keppel High School. Sharon Woo, President of MKHS Alliance, is proud the Alliance makes a difference in the lives of students at Mark Keppel High School. Woo stated, "The Alliance helps Keppel students achieve academic excellence and provide resources needed to enhance students' education through our donations to Mark Keppel. This is made possible by the monetary donations from parents and community members to the Alliance and from fundraisers hosted by the Alliance." The Alliance members (parents, students, Keppel employees, and community members) all have a voice on utilizing the money raised wisely and efficiently.

The Alliance's \$500 donation went toward funding Link Crew t-shirts for the 2017-18 school year. Link Crew is a national high school transition program that welcomes freshmen and makes them feel more comfortable throughout the first year of their high school experience. As positive role models, Link Crew leaders are mentors and student leaders who guide the freshmen to discover what it takes to steer away from despondency and anxiety and toward academic success.

Christina Carmona, ASB advisor and English teacher at Mark Keppel High School, asked the MKHS Alliance

to help fund the printing and buying of Link Crew t-shirts. Carmona asked the MKHS Alliance because she knew in her heart that "MKHS Alliance would be very upfront and generous in their spending towards student performance at Mark Keppel High School." Carmona expressed her gratitude and appreciation, and some of Link Crew's members came to Alliance's September meeting to thank them and show them what the t-shirts looked like.

Link Crew is not only implemented at Mark Keppel High School, but at other high schools as well. Link Crew was a program initially started by the Boomerang Project, an institution that emphasized that "you get what you give." Link Crew's goal is to provide schools with a stable infrastructure in which students can build real networks among each other regarding school safety and resilience.

The goals of Mark Keppel High School Alliance are outlined in everything they do, from improving the facilities and image of Mark Keppel High school to ensuring that the Alhambra School Board keeps Monterey Park schools on an equal basis with other schools in the district. Among many other important duties and aspirations, MKHS Alliance strives and succeeds in creating a community school by seeking the support and involvement of the city of Monterey Park, assisting the membership of and encouraging participation in the PTSA, achieving academic excellence,



Mark Keppel High School students model their Link Crew t-shirts funded by the MKHS Alliance. Top row (L-R): Alliance President Sharon Woo, Josiah Ojiri, Raymond Ha, Jason Nguyen, Ryan Takeshita, Elena Martinez, Amanda Cervantes, Jacqueline Sandoval. Bottom row: Ashley Tang, Leslie Soto

and most imperatively of all, overseeing the health and safety concerns of Keppel's students and teachers.

Want to help the Alliance? Contact the Alliance through Mark Keppel High School at 626-943-6710.

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Alzheimer's Traced Back to Diabetes of the Brain: Called Diabetes III

By John Chao, D.D.S.



Dr. John Chao, DDS

Evidence tracing Alzheimer's Disease (AD) to a condition of the brain called Type 3 Diabetes has been known since 2008, when Dr. Suzanne M. de la Monte, and Dr. Jack R. Wands presented their report published in the Journal of Diabetes Science & Technology.

This article, in reviewing a number of other studies, concluded that there is strong evidence in support of the hypothesis that AD represents

a form of diabetes mellitus that selectively afflicts the brain. The authors further described AD as a nerve-hormone (neuroendocrine disease) caused by impairment of the function of insulin in allowing the cells to convert glucose into oxygen. It is also well-accepted that this insulin impairment is strongly linked to an overall increase in inflammatory factors in the body.

According to the author the strongest evidence comes from clinical studies that demonstrated improvement or stabilization of cognitive impairment (mental deterioration) in patients with early AD following treatment with insulin.

In seeming consonance with the above article, Mayo Clinic states that "many studies suggest people with diabetes are at higher risk of eventually developing Alzheimer's dementia." In explaining the connection between AD and diabetes, Mayo Clinic cited complications caused by diabetes, such as damage to your blood vessels, can lead to vascular dementia, which occurs due to brain damage that is often caused by reduced or blocked blood flow to your brain.

At the same time the American Dental Association states that gum disease "as an infectious process with a prominent inflammatory component, periodontal disease can adversely affect the metabolic control of diabetes. Conversely, the treatment of periodontal disease and reduction of oral inflammation may have a positive effect on the diabetic condition."

The message so far is that if you already have diabetes, you

are at risk for Alzheimer's Disease. If a diabetic also has gum disease, there are reasons to believe treating gum disease will help control blood glucose and at the same time lower the risk for Alzheimer's Disease.

The second message is that if you may be one out of the 54 million Americans who have pre-diabetes, a condition where blood glucose is higher than normal, but not enough to be classified as diabetes, "treatment of gum disease and reduction of oral inflammation may have a positive effect on the diabetic condition," according to the American Dental Association.

So, whether you have a diabetic or a pre-diabetic condition, you have everything to gain and nothing to lose by seeing your dentist to check for and treat gum disease, or any other source of infection in your mouth.

If there is a history of diabetes or any neurodegenerative disease, such as Alzheimer's disease, Parkinson's, dementia, see your physician and dentist to see what you can do to minimize your risk of having to face these seriously debilitating conditions in the future.

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Mark Keppel's James Horton recognized as an LA County Teacher of the Year

Earlier this school year, Mark Keppel High School Automotive Technology teacher James Horton was recognized as one of Los Angeles County's Teachers of the Year during a ceremony at the Universal Hilton.

Jim has taught in AUSD since 1988 and has made his mark as a premier auto shop teacher. He has built his programs up to award winning standards and his students have gone on to excel in the automotive industry.

"This recognition verifies what we already know: That Jim is one of the best of the best in this profession," said Mark Keppel High School Principal John Scanlan.

Each recipient was awarded a certificate of recognition from Los Angeles County and were treated to lunch. Mark Keppel High School is extremely proud of Mr. Horton and the work he continues to do for all of his students.

Fremont Participates in Walk to School Day



On October 4th, Fremont School students, parents, and staff participated in National Walk to School Day along with hundreds of schools across the country. Approximately two hundred Fremont students met at the CVS parking area on Elm and Valley at 7:00 am, where Principal Ignacio Muniz and the Alhambra Fire Department welcomed them. Fremont faculty and the members of the Fire Department escorted the Fremont participants on their short journey to the campus. During the event, firefighters took the time to promote safety by demonstrating skills such as how to walk in designated areas and always looking both ways before crossing a street. In addition to the prioritization of safety, both students and parents enjoyed their opportunity to engage in conversation with firefighters as they walked together as a community. Students were eager to ask questions and learn more about the role of firefighters in the community.

In addition to practicing safe walking, another major benefit of this event is that it introduces a healthy routine for students to adopt. Walking to school provides a consistent method for students to get their much-needed daily exercise and will hopefully set a standard of physical activity that students become accustomed to throughout their life.

Although a simple walk to school can seem like a rather simple activity, Fremont Elementary sees it as an important opportunity for teachers, parents, students and city officials to come together as a community and participate in a constructive activity that students parents and teachers can all benefit from.

MKHS Sees Improvement in SBAC Results



Last month, the California Department of Education released results of test scores from the SBAC (Smarter Balanced Assessment Consortium) from the 2016-2017 school year. The SBAC is a standardized analysis where students are measured by whether they were at or above standard or below in English Language Arts and Math.

The results were extremely favorable for Mark Keppel High School, which revealed that 78.3% of students were at or above standard in English Language Arts and 72.5% were at or above standard in Math. This statistics represented a 6.5% improvement in English Language Arts and 7.6% in Math over Mark Keppel scores from 2015-2016.

"This is truly a testament to our students, families and staff (both here at MKHS and our elementary schools) and the hard work they put in on a daily basis to provide the best possible education for all of our students," said Mark Keppel High School Principal John Scanlan. "It truly takes a collaborative effort to produce results like this and we are thankful to have that spirit of working together at Mark Keppel." Scanlan continued, "There are many terrific high schools in our area and we feel Mark Keppel measures up very well with all of them."

However, Scanlan also notes that it's not time to become complacent. "We're very proud of what we accomplished and we want to take the opportunity to celebrate our successes, but we also know we can keep improving and strive to do better for all of our students."

Emery Park Welcomes Foreign Student Ambassadors

Last month, Emery Park elementary received a special visit from a group of Australian Student Ambassadors. Aussies Amelia Thompson, Nicholas Eglin, Emily Hopcroft, Samantha Burgmann, Amber Fradd and Megan Bennett made the long journey from their homeland to immerse themselves into American culture and learn about different aspects of the country including education, business and social customs.

The event began with an assembly in the school quad, where the visitors introduced themselves to the student body and school staff. After a welcoming ovation, the guests split up and made their way to individual classrooms, starting with grades K-5. Students were treated to a brief slideshow describing some basic facts about Australia such where the country is located and the nations flag. After the slideshow, students were given the chance to ask the visitors questions to learn more about Australian lifestyle and identify the key differences between the two countries.

The exchange students then moved on to the auditorium where they met as a group to address the 6th-th graders. As a group, they presented the slideshow as they communicated to their peers their purpose for coming to America and how their experience had been so far. The Q&A portion provided both groups of students to further compare and contrast the American and Australian experience, as topics such as government, education, language sports and leisure activities were discussed.

Before parting ways, the Australians were invited to join teachers and students in the library for a meet and greet where they enjoyed refreshments and were presented with an informative slideshow on Dia Los Muertos. They were also given special gift bags, which included lanyards, Day of the Dead candles and an informational booklet. After many pictures were taken, the Australian student ambassadors were sent off with lunch to go and well wishes from Emery Park staff, teachers and students.

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Gingerbread House Holiday Boutique
 Sunday, Nov. 5th
 9 AM – 3 PM
 Parish Hall
 Free Admission

Join us for our annual Holiday Boutique. Everyone is welcomed!!!!!! Bring your friends and family members and enjoy this day with us. Avoid the mall crowds, long lines, looking for a parking space, and having to walk all over the stores looking for a special gift. Come and enjoy a one spot shopping event at our St Thomas Aquinas Hall. **Door prize raffle each half hour starting at 10 AM.**

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Breakfast: 9 AM – 11 AM
Lunch: 11 AM – 2:30 PM

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蒙特利公園退伍軍人節日典禮及資訊攤位

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蒙特利公園市將於2017年11月11日星期六上午11時在市政廳前，舉行一年一度的退伍軍人節日典禮。儀式舉行前半小時以及儀式結束之後將準備了資訊攤位，這些資訊攤位是給退伍軍人提供服務項目。

本次活動旨在表彰退伍軍人，內容包括在本市的退伍軍人和戰爭紀念碑前敬獻花環，演奏愛國樂曲，退伍軍人演講等。

蒙特利公園市政廳地址位於 320 W. Newmark Avenue, Monterey Park, CA 91754。有關詳細資訊，請聯繫娛樂部門，電話 626-307-1388。



亞太健康保健醫療隊將於11月18日-舉辦免費健康保健日活動

11月18日星期六，加州大學洛杉磯分校(UCLA)的亞太健康保健醫療隊(APHC)將與蒙特利公園市市政府一同聯手合作主辦第十屆蒙特利公園年度健康保健日活動。凡光臨參加者，更可以獲得免費的健康檢查，獲取健康生活和健康保險的信息和醫生的諮詢。

健康保健日活動中，將為大家提供免費的健康檢查，包括：體重指數測量，高血壓，牙科，視力，中風，血糖和膽固醇檢查。還將有醫生可以進行一對一諮詢，以及健康保險研討會，以將協助沒保險的參加者可加入在醫療保險計劃中。如果需要，APHC還將提供現場免費普通話和廣東話翻譯服務。

通過教育和預防性健康教育來推廣健康的生活方式，APHC希望以此提高整個蒙特利公園社區的健康資訊。所以對於那些在11月18日在蒙特利公園社區的



民眾，請確保前來參加當日免費的健康身體檢查保健日的活動。

健康保健日活動將於早上9點開始，直到下午1點，在蒙特利公園市議會大廳舉行，這是一個完全免費開放給市民大眾的保健活動。有關更多信息或問題，請發送電子郵件至aphc.hf@gmail.com查詢。

蒙特利公園市農夫市場，秋季新鮮農場直銷蔬菜上市

秋天的市場令人興奮。形形色色的蔬菜瓜果讓人對秋天充滿嚮往，每逢假日便在廚房裡忙碌著。即使在更冷的天氣下，農場直銷的新鮮蔬菜水果也會源源不斷地供應。蘋果、梨、甘藍、蘿蔔、茄子等數不勝數。

本月小貼士

茄子吃法多種多樣，可成為豐盛而美味的菜肴。在挑選時，應選擇外表光滑、莖部新鮮的茄子。茄子提在手裡會很重。如果不需要立即烹調，可將其儲藏在冰箱內冷藏中，通常可保鮮儲存長達五天。

請注意：蒙特利公園農夫市場感恩節，11月24日星期五當日休息暫停一日，否則蒙特利公園市農夫市場，每逢週五16:00 p.m. 至20:00 p.m.全日開放，農



夫市場位於318 S. Ramona Avenue的圖書館和市政府附近。持有糧食券或參加WIC和SSI計畫的顧客，最多可通過我們的市場匹配計畫從自由農夫市場資金中獲得10美元。如有任何問題，請發郵件至info@farmermark.com。

Ceremonia del Día de los Veteranos de Monterey Park y Feria de Recursos

Honrando el servicio de nuestros veteranos militares de EE. UU.



La Ciudad de Monterey Park celebrará la ceremonia anual del Día de los Veteranos frente a la Municipalidad el sábado 11 de Noviembre del 2017, a las 11 a.m. Media hora antes y después de la ceremonia habrá una feria de recursos con quioscos informativos sobre los servicios disponibles para los veteranos.

El evento para honrar a nuestros veteranos de los servicios armados incluirá la presentación de una corona de flores delante de los monumentos de

los veteranos y de guerra de la Ciudad, así como también música patriótica y discursos de los veteranos.

La Municipalidad de Monterey Park está ubicada en el 320 W. Newmark Avenue, Monterey Park, CA 91754. Para más información, póngase en contacto con el Departamento de Recreación, llamando al 626-307-1388.

El Asian Pacific Health Corps Tendrá una Feria de Salubridad el 18 de Noviembre

El sábado 18 de Noviembre, el Asian Pacific Health Corps (APHC) de UCLA serán los anfitriones de la 10ma Feria Anual de Salubridad de Monterey Park en colaboración con la Ciudad de Monterey Park. Los concurrentes pueden esperar exámenes de salubridad gratuitos, información sobre cómo llevar una vida saludable y sobre seguro médico, y consultas con médicos.

La feria de salubridad brindará a los recipientes del servicio la oportunidad de participar en exámenes de salud gratuitos que incluyen el índice de masa corporal, la hipertensión, los exámenes dentales, de la visión, de derrames cerebrales, de glucosa en la sangre y del colesterol. También habrá médicos disponibles para consultas individuales, así como talleres de seguro médico para inscribir a los concurrentes no

asegurados en un plan de seguro médico. APHC también proporcionará servicios de traducción, si es necesario, en mandarín y cantonés.

Con la promoción de estilos de vida saludable a través de educación y de la educación de salubridad preventiva, APHC espera mejorar la salud de toda la comunidad de Monterey Park. Por lo tanto, para aquellos que se encuentren en el área de Monterey Park el 18 de Noviembre, asegúrense de venir para los exámenes de salud gratuitos.

La Feria de la Salubridad comenzará a las 9 a.m. y durará hasta la 1 p.m. en la Municipalidad de Monterey Park y será gratis para todos los asistentes. Si tiene alguna pregunta, envíe un correo electrónico a aphc.hf@gmail.com.

El Mercado del Agricultor de Monterey Park Ofrece Verduras Frescas para el Otoño



¡El otoño es una temporada emocionante en el mercado! Hay muchos sabores que traen la nostalgia de la temporada y bastante tiempo en la cocina durante las festividades. Aun cuando las temperaturas están más frías hay abundantes frutas y verduras frescas. Esté atento para ver las manzanas, las peras, la col rizada, los nabos y las berenjenas, para mencionar solo unas cuantas.

Consejo del mes del Mercado del Agricultor

Las berenjenas son extremadamente versátiles y producen platos que llenan y satisfacen. Cuando esté buscando la perfecta, busque pieles suaves y brillantes con tallos de aspecto fresco. La berenjena debe sentirse pesada en su mano. Si no

las prepara de inmediato, guárdelas en el "crisper" de su refrigerador. Por lo general, permanecerán frescas hasta por cinco días.

Tenga en cuenta que el Mercado del Agricultor de Monterey Park se cerrará en observación del Día de Acción de Gracias, el viernes 24 de Noviembre; de lo contrario, el mercado funciona con lluvia o con sol todos los viernes cerca de la Municipalidad y de la Biblioteca, en el 318 S. Ramona Avenue de 4 a 8 p.m. Los clientes elegibles de CalFresh, WIC y SSI pueden recibir hasta \$10 en dinero del Farmers' Market gratis a través de nuestro programa Market Match. ¿Tiene alguna pregunta? Envíe un correo electrónico a info@farmermark.com.



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Monterey Park has been ranked the 3rd best place to live in America according to a recent Money magazine article. As a local Monterey Park real estate company, we are very proud of this achievement and can attest to the many reasons why we rank #3. We have 4 elementary schools that have acquired the highly distinguished Gold Ribbon designation, we are one of the closest suburban cities to downtown LA (8 miles), we have more public parks than our surrounding cities (11 total), plus a long list of other great features we are proud to have.

With our newfound attention, we forecast a higher influx of new residents excited to move into our beautiful city, so lets welcome them with open arms and show what a proud and wonderful city we have!



#LALife
1111 S. Grand Ave #906, Los Angeles
1 Bed/1 Bath Luxury Loft Condo with 1,100 sqft. living space. Prime location with many amenities!



JUST LISTED!
251 S. California St, San Gabriel
3 Bed/4 Bath PUD with 2,064 sqft. living space. Built in 2007.



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



JUST LISTED!
3750 S. Bear St #132, Sana Ana
2 Bed/2 Bath condo with 1,093 sqft. living space. Community features pools & spas surrounded by water landscaping.



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



JUST SOLD
504 N. McPherrin Ave, Monterey Park
4 Bed/3.5 Bath house with 2,564 sqft. living space. Built in 2004.



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



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



"I met Morgan during his open house and right away he made us feel very comfortable and welcome. I had a lot of questions about the home and with so many other people around, he still took his time to answer all my questions. We ended up purchasing the home where we met Morgan and the whole experience went very smoothly. He matched us with a great lender and together they helped me close escrow in less than a month. Morgan explained everything to me up front and let know what to expect through out the transaction so there were no surprises. I was able to reach him anytime when I have questions and he was always patient with me. His real estate experience really made my home purchase enjoyable and I am glad we had Morgan help us!" -9011gl

"Michael was very professional, knowledgeable, and friendly. He made sure I had a good experience and smooth transaction as a first time homebuyer. I was pleasantly surprised that my whole process from starting to look at homes to getting the keys to my townhouse took only 4 months!" -zuser



Forever thankful & grateful!

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