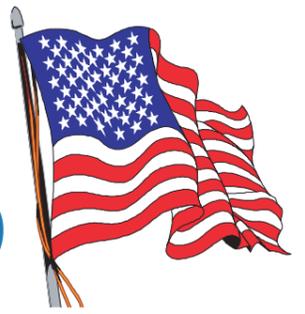




# The Monterey Park Cascades



Volume XI, No. X

Citywide News for Business, Community and Education

November 2013

## Veterans Day Ceremony November 11

Celebrating the service of our U.S. military veterans



The City of Monterey Park and American Legion Post 397 will hold the annual Veterans Day ceremony on the city hall front lawn on Monday, November 11, 2013, at 11:00 a.m.

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 local elected officials.

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 18

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

## First Fridays at the Farmers' Market

Visit the Farmers' Market for fresh fruits and vegetables and more every Friday from 4-8 p.m.



Farmers Nancy Chin and Savath Lieu from Nancy's Garden

This November the Monterey Park Farmers' Market will kick off its First Fridays community engagement initiative. On the first Friday of each month, the market's great farmers and food vendors will be joined by local businesses, community organizations and non-food artisans. Be sure to visit the market Friday, November 1 and every first Friday to see what's happening in the Monterey Park Community. If you're a part of an organization and interested in participating, please complete a vendor application at [www.montereyparkFM.com](http://www.montereyparkFM.com).

### Guess that Veggie Contest

Test your fruit and vegetable knowledge and win a basket of fresh fruits and vegetables from the market. Email us the correct answer to [montereyparkFM@gmail.com](mailto:montereyparkFM@gmail.com) by November 7th and we will select one lucky respondent to win the basket. October's winner was Angie Chen who correctly guessed Sweet Dumpling Squash. Good luck this month! What veggie is this? Hint: as we head into cooler temperatures, produce comes less from trees and more from the ground.



### Farmers' Market Tip of the Month

As a general tip, do not store fruits and vegetables together. Fruits that give off high levels of ethylene (the ripening agent) can prematurely ripen and spoil surrounding vegetables. (Think of the "one bad apple" adage.) For more great tips, follow us on Facebook ([montereyparkFM](http://montereyparkFM)).



Monterey Park Farmers' Market is open rain or shine every Friday next to city hall at 318 S. Ramona Ave. from 4-8 pm.

## Monterey Park Health Fair

The Asian Pacific Health Corps at University of California, Los Angeles will host the 6th Annual Monterey Park Health Fair...

The Monterey Park Health Fair will feature student volunteers from Asian Pacific Health Corps (APHC) offering free preventative screenings for cardiovascular disease including blood pressure and body mass index. In addition to these volunteers, APHC also invites other service providers such as Asian Pacific Liver Center, Bruins in Focus and Western University of Health Sciences to offer Hepatitis B, vision, glucose, cholesterol, hypertension and orthopedic screenings. Furthermore, various community organizations will be present providing valuable information and resources regarding pertinent health and community issues. Physicians and healthcare professionals will also be on-site to provide direct counseling and/or referrals. There will also be an area for children with a variety of arts and crafts activities.

The Monterey Park Health Fair (MPHF) is entirely free and open to everyone. No proof of insurance or documentation required.

For more information, please visit the Asian Pacific Health Corps website at [www.studentgroups.ucla.edu/aphc/](http://www.studentgroups.ucla.edu/aphc/) or contact John Tsiang at 650-773-0916 or [Jth.tsiang@gmail.com](mailto:Jth.tsiang@gmail.com).

Saturday, November 16, 2013  
Monterey Park City Hall  
320 W. Newmark Ave., Monterey Park, CA 91754  
9:00 a.m. to 1:00 p.m.



## Prevent Crime, Join Neighborhood Watch

The Monterey Park Police Department is frequently asked by residents what the best way is to reduce crime and/or address neighborhood concerns. Residents hear stories of neighbors, family, or friends being victimized and it makes them uneasy. If you turn on the television news, there is one crime story after another. While it may seem like crime is out of control, the statistics reveal that our current crime rate is similar to what Monterey Park had in the 1960's and nearly half of what it was in the 1990's. However, with organized groups committing residential burglaries, the continued early release of felons due to the State of California's Public Safety Realignment program, and other factors, there has been an increase in crime this year.

The best way for residents to take an active role in reducing crime and the fear of crime in their neighborhood and our community is through the police department's Neighborhood Watch program. Neighborhood Watch breaks the isolation that crime both creates and feeds upon. Neighborhood Watch forges bonds among area residents, helps reduce burglaries and robberies, and improves relationships between police and the communities they

serve. Through Neighborhood Watch, the community and the police become active partners in preventing crime and solving neighborhood problems.

Responsibilities of Neighborhood Watch participants are minimal. Meetings are held once a month, or whatever is convenient for you and your neighbors, at a location that is convenient for the neighborhood (often in someone's home). One crime prevention topic is covered per meeting. The program has 8 core topics and other topics can be covered to address specific concerns. Topics include: Home Security, Vehicle Security, Gangs/Graffiti, Robbery and Burglary. Once all of the core program topics are completed, groups are encouraged to continue to meet periodically for crime updates, discussion of neighborhood concerns, and other crime prevention and emergency preparedness information.

The benefits of Neighborhood Watch are numerous. Residents are better informed about crime prevention techniques and current crime in the city. Neighbors have the opportunity to get to know one another and share concerns they may have. Neighborhood Watch is a



proactive approach to crime prevention.

The Monterey Park Police Department views the community as our partner in effective law enforcement. The Neighborhood Watch program is a proven, effective way to solidify that partnership.

For more information or to start a Neighborhood Watch Program in your area, please contact the Monterey Park Police Department's Community Relations Bureau at (626) 307-1215.



**CITY OFFICIALS**

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

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

Paul Talbot, 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**

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

**DESIGN REVIEW BOARD**

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

**ECONOMIC DEVELOPMENT ADVISORY COMMISSION**

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

**ENVIRONMENTAL COMMISSION**

2nd Tuesday, 6:00 p.m.  
 City Hall Community Room

**LIBRARY BOARD OF TRUSTEES**

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

**PERSONNEL BOARD**

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

**PLANNING COMMISSION**

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

**RECREATION & PARKS COMMISSION**

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

**SISTER CITIES COMMISSION**

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

**TRAFFIC COMMISSION**

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

For more information please visit the community calendar at [www.ci.monterey-park.ca.us](http://www.ci.monterey-park.ca.us).

# A Quick Guide to Stargazing in November

By Tre Gibbs, Los Angeles Astronomical Society

November triumphs as we see the return of longer nights, the King of Gods and a fierce hunter - as well as three lunar/planet interludes!

Early in the month, the largest planet in our solar system, Jupiter, makes an appearance in our late evening skies. Jupiter is currently in the constellation of Gemini, the Twins and rises early in the month around 11:00 pm in the ENE. Jupiter is the 4th brightest object in the sky after the Sun, Moon and Venus.

Preceding Jupiter is arguably the most famous constellation, Orion The Hunter. By 11:00 pm Orion will be hovering about the eastern horizon, easily recognizable, though he will be on his "side".

On the early evening of November 6th, look for the waxing crescent moon as

it slowly slips past and above the brilliant Venus, still shining brightly in the SW skies just after sunset. Don't wait too long to view it though, by 8:00 or so it may be too low to see.

Mid-month will bring the second of our three lunar conjunctions as the Moon cozies up along side Jupiter. These two gleaming celestial bodies will appear together in the night sky on the evening of the 21st. Look for the pair temporarily sharing the sky, rising about 9:00 pm on the Eastern horizon. They travel the entire evening together in a subtle celestial dance, as the moon gradually slips further and further way from its mighty partner.

End of month brings a pre-Thanksgiving treat - the third of our triple lunar conjunctions! On the early morning of the 27th the waning crescent moon

partners with the God of War, the planet Mars. Both are gleaming above the Eastern horizon by 2:00 am. Ahh, how fickle a flirt the moon is....

Enjoy the holiday season and find joy in the shorter days and longer nights. After all, it means more time to star gaze.

The Los Angeles Astronomical Society (LAAS) meets at the Garvey Ranch Observatory every Wednesday night, rain or shine, from 7-10 pm. All members are eager to answer your questions, and let you have a peek through our 8" telescope, weather permitting. Feel free to contact us via any of the methods listed. We would love to see you there! LAAS: 781 S Orange Ave, Monterey Park, CA 91755; [www.laas.org](http://www.laas.org); [www.facebook.com/LosAngelesAstronomicalSociety](http://www.facebook.com/LosAngelesAstronomicalSociety); or phone 213-673-7355.

## City Hall Frequently Used Phone Numbers

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

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

## City Hall Hours

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

## City Events Calendar

November 6	Regular City Council meeting, 7:00 p.m., city hall council chamber.
November 11	Veterans Day ceremony, 11:00 a.m., city hall front lawn. City hall closed.
November 16	Health fair, 9 a.m.-1 p.m., city hall.
November 19	City Council guests & presentations meeting, 6:00 p.m., city hall council chamber.
November 20	Regular City Council meeting, 7:00 p.m., East Los Angeles City College. See website or contact city clerk for details.
November 28	Thanksgiving Holiday, city hall closed.

Regular City Council meetings are held on the first and third Wednesdays of the month in the City Hall Council Chamber, 320 W. Newmark Ave.

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

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



Body and Foot Massage \$15 Foot/\$20/up Body  
**4.5 STAR!!!** 7 days- 10:30 a.m.- 11:30 p.m.  
 121 W. Garvey Ave. #A  
 Monterey Park, CA 91754  
 (626)380-8954



# Sun City DimSum Seafood

Tel: (626) 288-1177  
 7540 E. Garvey Ave.  
 Rosemead, CA 91770



## Live Lobster 生猛龍蝦, 肉蟹 Crab



**\$5.99** /lb

Get live lobster OR crab for \$5.99/lb with valid net purchase over \$35

## Dim Sum 港式點心飲茶

Monday - Friday

8am-11am **\$1.38**/ea

11am - 3pm **\$1.68**/ea

Saturday & Sunday

ALL DAY **\$1.98**/ea



## Banquet 婚禮宴會 Party

Wedding / Birthday Party

Dancing Floor, Projector, Band Stage available  
 Banquet Hall available up to 300 people



# Volunteer Spotlight: Catherine Wills

By Janet Yu, Cascades Contributor

It must have been quite a sight to see Charlton Heston holding the car door open for Catherine Wills after driving her home from a full day of filming on location. It was during the production of the "The Ten Commandments" and Wills was Nina Foch's double for the role of Bithiah, the adopted mother of Moses, in all the group scenes filmed in Egypt. Heston would offer Wills a ride home in his chauffeur driven car. She recalls that he was an extremely polite and proper gentleman. At the time that Wills was working with Heston, she recalls that he was on pins and needles about the impending birth of his firstborn, who would later star as the baby Moses in the same film. It was later told that Director Cecil B. DeMille deliberately timed the filming of the scene involving baby Moses for when Heston's son, Fraser Clarke Heston, was about three months old.

Wills experienced enough adventures in life to fill a novel by the time she was 21. Born in Minneapolis, she was a precocious child who performed her first piano recital at age four. Being driven and accomplished runs in the family. Despite being born with spina bifida and living the first 8 years of her life at Shriners hospital, her sister Charlotte graduated high school at age 14, attended University of Minnesota at age 15 and worked for Hubert Humphrey, the 38th Vice President of the United States under President Lyndon B. Johnson, when he was Mayor of Minneapolis, serving on his Human Relations Advisory Council. Wills became independent at an early age, earning her own spending money by age 10. Meeting her first husband while working after school in a Chinese restaurant on the University of Minnesota campus, she got married and moved to Egypt with him after he graduated with his Masters degree.

It was in Egypt that she learned to speak Arabic and through her employer at the time, learned about the auditions for the "The Ten Commandments" which led to her part in the movie after being approved personally by DeMille. Wills describes her time in Egypt as an exciting adventure. She worked as a runway model and appeared in countless magazines as a fashion model and. Due to

her bilingual skills, was invited to be a tour guide for a 55 person group on an all-expense paid trip through Italy, Switzerland and France. All were opportunities that resulted from a combination of being at the right place at the right time, knowing how to recognize the moment and seizing the opportunity. Wills later returned to the United States permanently when conditions of the relationship with her first husband changed and the marriage ended.

Along with her adventures, she also met notable people in history including President Gerald Ford and First Lady Betty Ford. She also developed friendships with other influential individuals including Crown Prince Faisal bin Abdulaziz Al Saud from Saudi Arabia who would later become King and established his reputation as a reforming and modernizing figure in the country, introducing education for girls and women and establishing the country's first television station.

Wills currently lives in Monterey Park with her husband Tyrone. They have been residents of Monterey Park since 1973. They originally chose to live in the city because of its central location since she was working in downtown at the time and her husband worked in Pasadena. She has come to love the city because of the multi-ethnic culture that it has to offer. When asked how she met Tyrone, Wills said that she was enjoying an evening out with friends and he happened to be at the same place where they had music and dancing. It worked out perfectly because she loves to dance and he was a wonderful dancer. After handing her his business card, they had a lunch date and have been together since. Between her and Tyrone, they have 10 grandchildren. Her pride and joy are her grandchildren. Adam and Rasha are her grandchildren from her older son, Karim Soliman, M.D. Nicolas and Kristofer are her grandchildren from her son Kent Niepert. Perhaps inheriting her musical gene, Nicolas and Kristofer are popular performers in China where they currently live with their parents.

Wills has retired from the Los Angeles County Sheriff's department where she was the first woman assigned to the

Detective Division's Homicide Bureau. She selected a career in law enforcement because she believed in justice for all, particularly for victims, their families and others who are affected by a crime. She worked on infamous local cases such as the Hillside Strangler and the Night Stalker.



Named the 29th Congressional District Woman of the Year in 2009 by Congressman Adam Schiff, he highlighted Wills' extraordinary efforts as a community activist and expressed his admiration for her volunteerism and dedication. Wills has served on the City's Personnel Board, she was also on the Board of Directors for the Heritage Manor Convalescent Home, she volunteered as a big sister at the YMCA for at risk girls and served on the Board of Directors for The Association for Los Angeles Deputy Sheriffs. Wills is a member of the Soroptimist Club and helped with the annual People Who Make a Difference Award. She was also honored by the City of Monterey Park as a Resident Volunteer and Humanitarian during a Tree Memorial Ceremony earlier this year in June.

In 2001, when the world witnessed a life changing event that occurred on September 11, Monterey Park immediately responded with a call to action by organizing a citywide philanthropic effort that included elected officials, residents and representatives from a number of major organizations and clubs in the city. This philanthropic effort was anointed Monterey Park "City with a Heart" - a name aptly proposed by Wills, an invaluable resident of the City with perhaps the biggest heart of all.

## YACA EDUCATION CENTER

### K-12<sup>th</sup> After School Tutorial Class

K-12年級課後輔導班

專為學員打造，提供加州教育署各科模擬考題，拓展學生潛能，提升學習效果，確保成績得到飛躍進步。



### Prepare CST / Creative Writing / Reading Comprehension / ESL

- Mathematics Grades: 3<sup>rd</sup>-9<sup>th</sup>
- Reading Comprehension Grades: 3<sup>rd</sup>-8<sup>th</sup>
- Creative Writing Skills Grades: 3<sup>rd</sup>-10<sup>th</sup>



### Special Programs:

- SAT CLASS
- ESSAY CLASS
- SINGLE SUBJECT ONE-TO-ONE
- CAHSEE TUTORIAL

- Chinese Classes 兒童中文班
- Art Classes 兒童美術班
- Piano Classes 兒童鋼琴考級進階班



### 美籍教師 雙語教學

報名專線 626-623-8981

總校: 244 E GARVEY AVE., MONTEREY PARK, CA 91755  
 分校: 333 W GARVEY AVE., MONTEREY PARK, CA 91755



## Welcome to Partyline Events



### 為特別活動

### 精心而設的精緻設備用具

戶外攤位衛生局許可專用  
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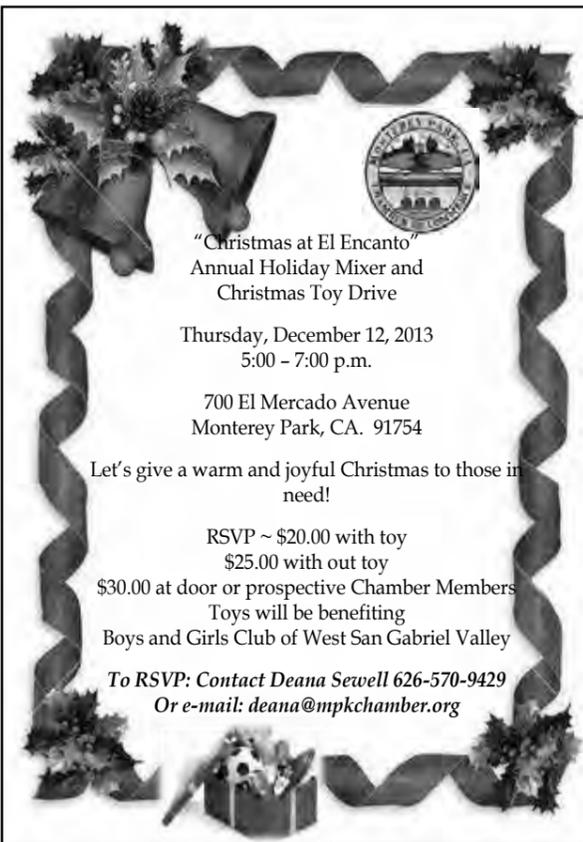
Please contact us anytime at  
(323)222-7115  
(626)289-1799  
(818)241-8096

Conveniently located at:  
2472 Mariondale Ave  
Los Angeles, CA 90032

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



# MONTEREY PARK CHAMBER OF COMMERCE



**"Christmas at El Encanto"**  
Annual Holiday Mixer and  
Christmas Toy Drive

Thursday, December 12, 2013  
5:00 - 7:00 p.m.

700 El Mercado Avenue  
Monterey Park, CA. 91754

Let's give a warm and joyful Christmas to those in  
need!

RSVP ~ \$20.00 with toy  
\$25.00 with out toy  
\$30.00 at door or prospective Chamber Members  
Toys will be benefiting  
Boys and Girls Club of West San Gabriel Valley

To RSVP: Contact Deana Sewell 626-570-9429  
Or e-mail: [deana@mpkchamber.org](mailto:deana@mpkchamber.org)

**FREE INFORMATIONAL  
SEMINAR TO THE PUBLIC  
ON THE PATIENT PROTECTION &  
AFFORDABLE HEALTH CARE ACT**

Thursday, November 7, 2013  
6:00 Pm To 8:00 Pm

**GUEST SPEAKERS:**  
Senator Ed Hernandez  
*Chair Of Senate Committee On Health*  
Suzanne Choi  
*Certified Educator And Grantee With Covered California*

**AT**  
Monterey Park Chamber Of Commerce  
700 El Mercado Ave.  
Monterey Park, Ca 91754

**\*\*Limited Seating\*\***  
Please Call Or Email To Rsvp  
626-570-9429  
[Deana@Mpkchamber.org](mailto:Deana@Mpkchamber.org)  
Contact Deana Marie Sewell For More Information!

**THANK YOU TO  
ALL NEW MEMBERS**

Monterey Park Chamber of Commerce would like to  
welcome and thank all of our new Chamber members:

**AYC**  
232 West Clary Avenue  
San Gabriel, CA. 91776  
Phone: 626-309-0622  
Fax: 626-309-0717  
Website: [www.asianyouthcenter.org](http://www.asianyouthcenter.org)  
E-Mail: [kevin.lian@asianyouthcenter.org](mailto:kevin.lian@asianyouthcenter.org)

**SPARK AFTERSCHOOL ACADEMY**  
2168 South Atlantic Blvd., Suite# 222  
Monterey Park, CA. 91754  
Phone: 626-232-7606  
Fax: 626-551-3289  
Website: [www.SparkAfterschool.org](http://www.SparkAfterschool.org)  
E-Mail: [lindalinwong@gmail.com](mailto:lindalinwong@gmail.com)

**CHARTER BUSINESS**  
4781 North Irwindale Avenue  
Irwindale, CA. 91706  
Phone: 626-430-3369  
Website: [www.charter.com](http://www.charter.com)  
E-Mail: [Janie.Thai@charter.com](mailto:Janie.Thai@charter.com)

MONTEREY PARK CHAMBER OF COMMERCE  
700 EL MERCADO AVENUE  
MONTEREY PARK, CA. 91754  
626-570-9429

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

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

**Call us now at 626-570-9429 and ask for Deana Sewell**

## Chamber of Commerce New Member Spotlight

The Monterey Park Chamber of Commerce has been working very hard to promote our wonderful city and the businesses in it. This month, we will be telling you about one of the newest members to our chamber, Farm Cuisine. We would like to share with you what we noticed about the restaurant on our most recent visit there.

Farm Cuisine is a moderately priced, casual-themed, quick service style restaurant serving high quality, health conscious food. The décor for Farm Cuisine can be described as a farm village. The furnishings reflect the projected image of the décor and restaurant concept. The entry and the customer waiting area resemble a warm little garden and the main dining area is decorated as a farm village.

On their website ([www.farmcuisinerestaurant.com](http://www.farmcuisinerestaurant.com)), they state that health awareness and consciousness is what this establishment is all about. This place seems to be appealing for adults, families, business clientele and college students. The atmosphere at lunch is casual but upscale. Looking at their menu, average meal prices for lunch run from \$8 to \$16. Our lunch experience was around 30 minunte. Meal prices for dinner are in the range of \$10 to \$20. Their staff suggested that one's dining experience at dinner will be approximately one hour.

Their menu features high quality locally grown organic farm fresh foods. Signature dishes include Farm Cuisine's Free Range Jidori Chicken, Pan-Fried Tofu with Sea Bass, Black Peppercorn Filet Mignon and Miso Glazed Salmon with Farm Salad.

We had also tried Farm Cuisine's House Ginger Tea. It was quite refreshing and palate cleansing, this beverage is a must try item.

Having a meal at a restaurant should always be a healthy and enjoyable experience. One of our newer Monterey Park chamber members, Farm Cuisine, offers exactly just that in an environment enriching to the body and the spirit.

Farm Cuisine is located at 122 W. Garvey Ave. (at Garfield Ave. behind Bank of America), Monterey Park, CA 91754. For more information visit [www.farmcuisinerestaurant.com](http://www.farmcuisinerestaurant.com) or call 626-280-FARM (3276).

For Chamber of Commerce information please visit [www.mpkchamber.org](http://www.mpkchamber.org) or contact Deana Marie Sewell at 626-570-9429. Chamber offices are located at 700 El Mercado Ave., Monterey Park, CA 91754.



# Do You Business Watch?

Local business owners are encouraged to take advantage of this free safety program in time for the holiday shopping season

By Sgt. John Martindale, Monterey Park Police Department

As the holiday season draws near, the Monterey Park Police Department would like all business owners to take a look at how safe and secure your business is -- or better yet, let the police department take a look at it with you. One way to become better prepared to deal with safety issues as well as help deter crime is to become a MPPD Business Watch member.

Business Watch is a free program provided to local merchants to help to safeguard business and employees against crime. The program provides information on robberies, burglaries, business security, personal safety, how to report crime and others.

There are 12 components in the Business Watch model. A representative from the police department would be happy to discuss the steps in depth and help businesses benefit the most from their hard work. Business Watch is available to groups of shop owners as well as single businesses. Here is a brief explanation of the steps involved in the Business Watch program:

- Introduction/Overview of Business Watch, crime reporting information.
- Business Security: learning how to improve security for the purpose of reducing burglaries; security hardware, landscaping and lighting.
- Business Inspections: community service officers from the Community Relations Bureau will inspect your facility and make recommendations for proper security.
- Robbery: ways to avoid becoming a victim of robbery or assault; techniques to use to protect yourself, your employees, and your customers during a crime.
- Bad Check Program: businesses information on accepting checks, ways to minimize risk from bad checks, and procedures for prosecuting those who pass bad checks to businesses.
- Vehicle Security: safeguard you and your employees' vehicles from theft and vandalism.
- Shoplifting Prevention: tips and techniques to protect your business from shoplifters.
- Personal Security: precautions so you will not take unnecessary risks; tips that can help you avoid becoming a victim of a crime.
- Identity Theft: reduce the likelihood of becoming a victim of identity theft; techniques to safeguard personal information.
- Fire Prevention: safeguarding your business against fires; developing escapes plans and fire drills with your employees.
- Earthquake Preparedness: safety procedures in the event of an earthquake -- including the "Big One;" putting together an earthquake survival kit.
- Gangs/Graffiti: the correlation between gangs and graffiti, learning to identify gang members, recognizing the warning signs of drug use and reducing and/or eliminating graffiti.

Now is the perfect time to reintroduce MPPD Business Watch into your daily operating routine. Don't wait until the peak shopping season of the holidays to protect the investment you have in your business. Contact the Monterey Park Police Department Community Relations Bureau and set up an appointment to get started at 626-307-1215 or Sergeant John Martindale at 626-307-1266.

## MONTEREY PARK CRIMES BY LOCATION

Addresses are identified by block number, not exact address.

### SEPTEMBER

**AUTO BURGLARY**  
 1100 COLLEGE VIEW DR  
 200 N SIERRA VISTA ST  
 600 SEFTON AVE  
 100 S ATLANTIC BLVD  
 1500 SUNNYSLOPE DR  
 200 S ALHAMBRA AVE  
 200 N RURAL DR  
 700 S GARFIELD AVE  
 900 E GARVEY AVE  
 100 E EMERSON AVE  
 100 CASUDA CANYON DR  
 W GARVEY AVE / CASUDA CANYON DR  
 500 N ATLANTIC BLVD

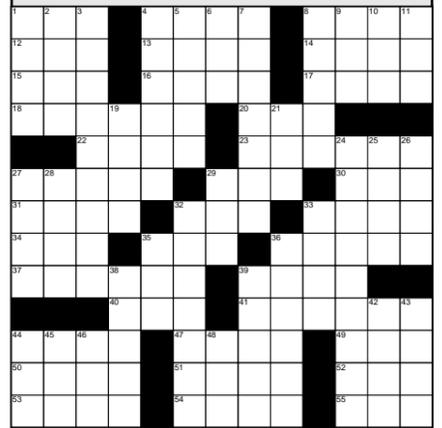
**AUTO THEFT**  
 500 E NEWMARK AVE  
 1100 COLLEGE VIEW DR  
 800 METRO DR  
 1200 MONTEREY PASS RD  
 2300 COLLEGIAN AVE  
 1100 KNOLL DR  
 400 FLORENCE AVE  
 300 E EMERSON AVE  
 2000 S GARFIELD AVE  
 2300 FULTON AVE  
 300 E POMONA BLVD  
 1000 LOMA VERDE ST  
 500 BRIGHTWOOD ST  
 800 DE LA FUENTE ST  
 300 N ATLANTIC BLVD

**BURGLARY COMMERCIAL**  
 500 W GARVEY AVE  
 400 S ATLANTIC BLVD  
 700 W GARVEY AVE  
 500 N ATLANTIC BLVD  
 400 S ATLANTIC BLVD  
 500 N ATLANTIC BLVD  
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 400 S ATLANTIC BLVD  
 2100 S ATLANTIC BLVD  
 600 S ATLANTIC BLVD  
 2200 S ATLANTIC BLVD  
 200 S GARFIELD AVE  
 200 S GARFIELD AVE  
 50 MONTEREY PASS RD  
 700 W GARVEY AVE

**BURGLARY RESIDENTIAL**  
 500 S GARFIELD AVE  
 700 S LINCOLN AVE  
 1800 FULTON AVE  
 400 W ARLIGHT ST  
 1000 COLLEGE VIEW LN  
 400 ACKLEY ST  
 600 N ORANGE AVE  
 1000 ISABELLA AVE  
 1800 COLLEGE VIEW DR  
 1900 BRADSHAW AVE  
 500 N NICHOLSON AVE  
 1500 BRADSHAW AVE  
 1900 BLUFFHILL DR  
 500 W FERNFIELD DR  
 2200 ISABELLA AVE  
 1100 PELON WAY  
 1100 PELON WAY  
 700 FOTINI PL  
 300 E EMERSON AVE  
 200 E HELLMAN AVE  
 300 ISABELLA TER  
 800 W EL REPETTO DR  
 400 GARCELON AVE  
 300 W HELLMAN AVE  
 500 N NICHOLSON AVE  
 700 W EMERSON AVE  
 500 N LINCOLN AVE  
 100 S ALHAMBRA AVE,  
 300 E GRAVES AVE  
 200 N YNEZ AVE  
 400 W ANDRIX ST  
 900 ISABELLA AVE  
 200 N NICHOLSON AVE  
 500 N SIERRA VISTA ST  
 1900 S GARFIELD AVE  
 700 S YNEZ AVE

**ROBBERY**  
 100 W NEWMARK AVE  
 800 E GARVEY AVE

## CROSS WORD



### ACROSS

- Bellhop's burden
- Big stinger
- Fancy
- "\_\_\_ questions?"
- Bird in hieroglyphics
- Jot
- Neighbor of Swed.
- Hardly Herculean
- Santa checks it twice
- Gets game
- Camp sight
- Deli allowance
- Locked, in a way
- Does some PR work
- One who cries foul?
- Girl or boy of song
- Had an effect
- Hitched, so to speak
- Aesop's also-ran
- Samovar
- Puppy talk
- Blush or flush
- Home maker
- A fortune-teller's guide
- Hooter
- Memorable Gandhi
- \_\_\_ rags
- Sign in a store window
- "\_\_\_ and the City"
- Fix, as fences
- Asian staple
- \_\_\_ kwon do
- Like Felix Unger
- Do-gooder's doing
- Text, briefly

### DOWN

- Embargoes
- Soon, to a bard
- Elvis was known for them
- Windshield cleaners
- Investive
- Atoner's worry
- Excited
- Languishes
- \_\_\_ polloi
- Part of T.G.I.F.
- Art surrounder
- Major, for one
- Dolt
- David and others
- Continental coin
- Lots of bucks
- Daze
- Perspiration passage
- Certain theater, for short
- Military leader
- Cargo deck
- Wood for an archer
- Preserved
- Spiced liquor
- Cake helping
- Copier supply
- Graph lines
- Clock standard (abbr.)
- "South Pacific" prop
- "Is there more?"
- Pizzeria order

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## SOLUTION OF OCT. ISSUE

S	K	I	D	E	A	L	P	A	C	K
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## SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

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## SOLUTION OF OCT. ISSUE

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8	6	1	3	5	4	9	7	2
1	2	6	5	4	3	7	9	8
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## Willie's Tires & Alignment



Free mounting, balancing & rotation, when you purchase 4 tires.

- ✓ Computerized Wheel Balancing
- All Major Brands - Low Cost!
- Wholesale & Retail
- Over 1,400 tires in stock!

Computerized Four Wheel Alignment **\$59.99**

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## Willie's Tires & Alignment

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

Open Mon. to Fri. 8 a.m. to 6 p.m. Sat. 8:30 a.m. to 4 p.m.

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[aliceslim@verizon.net](mailto:aliceslim@verizon.net)

Dre# 01225394

Alice S. Lim - Realtor

# Council Action Review

### Special Council Meeting of September 4, 2013

The City Council meeting was called to order at 6:03 p.m., with all Council present.

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

### NEW BUSINESS

**Agenda Item 1** The City Council held a study session to discuss Siemen's proposal for citywide energy retrofit. No action was taken.

*The Council meeting was adjourned at 6:55 P.M.*

### Regular Council Meeting of September 4, 2013

The City Council meeting was called to order at 7:05 p.m., with all Council present.

The City Attorney noted that the exhibit for Item No. 3 is not attached to the staff report and staff will provide it.

Presentations: Report by City Manager on placing new buses into service.

### SUCCESSOR AGENCY CONSENT CALENDAR

**Agenda Item 1** The City Council approved payment of warrants and adopted Resolution No. SA-49 of the Successor Agency to the former Monterey Park

Redevelopment Agency allowing certain claims and demands per warrant register dated **September 4, 2013 totaling \$1,204.06** and specifying the funds out of which the same are to be paid.

### CONSENT CALENDAR

**Agenda Item 2** The City Council approved payment of warrants and adopted Resolution No. 11605 allowing certain claims and demands per Warrant Register dated **September 4, 2013 Totaling \$1,553,289.06** and specifying the funds out of which the same are to be paid.

**Agenda Item 3** The City Council authorized the City Manager to execute a contract with RBF CONSULTANTS for preparing the South Garfield Oriented Specific Plan, in the amount of \$249,987 and asked that staff include the attachments as consistent with the proposal, the revised performances schedule timeline and provide them a copy of the scope of services.

**Agenda Item 4** The City Council approved the purchase of two Ford Taurus sedans from Downtown Ford through the Contra Costa County joint-purchase contract per Monterey Park Municipal Code § 3.20.050(3), in the amount of \$70,974.54 for the Police Department Administration.

**Agenda Item 5** The City Council accepted the 2012 Various Street Resurfacing II project completed by Sully Miller Contracting Company and authorize staff to file a Notice of Completion and pay the final retention billing.

**Agenda Item 6** The City Council authorized the City Manager to execute the Exclusive Negotiation Agreement between the City and City Ventures, LLC. Council asked to

include the changes to the Exclusive Negotiating Agreement, simultaneous close of escrow, clarify the developers reimbursement costs paragraph, provide milestone timeline to them within thirty days for review and approval, and to outreach to the residents by the end of the year.

**Agenda Item 7** The City Council approved the request from MERCI for CDBG funds in the amount of \$42,150 to assist in completing its project.

### UNFINISHED BUSINESS

**Agenda Item 8** The City Council approved amendments to City Council Policies with regard to electronic communications, council presentations and public communications. Council made reference to changes relating to the Redevelopment Agency and asked staff to provide general electronic communication guidelines.

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

The City Council continued the discussion on Towne Centre Project.

Council Members announced appointees for Commissions, Committees and Boards.

The City Council discussed communications and committee reports from Council Representatives of specific organizations. No action was taken.

*The Council meeting was adjourned at 10:45 P.M.*

### Special Council Meeting of September 25, 2013

The City Council meeting was called to order at 5:30 p.m., with all Council Members present.

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

### SUCCESSOR AGENCY NEW BUSINESS ITEM

**Agenda Item 1** The City Council adopted Resolution No. SA-40 approving the Recognized Obligation Payment Schedule (ROPS 13-14B) for the period between January-

June 2013, approved the Successor Agency's administrative budget for January- June 2014, and directed staff to post and transmit the ROPS and administrative budget to the appropriate public agencies.

### NEW BUSINESS

**Agenda Item 2** The City Council approved the City's response letter addressing the 2012-2013 Los Angeles County Civil Grand Jury Final Report recommendations and directed staff to submit the response letter prior to the October 1, 2013 deadline.

### CLOSED SESSION

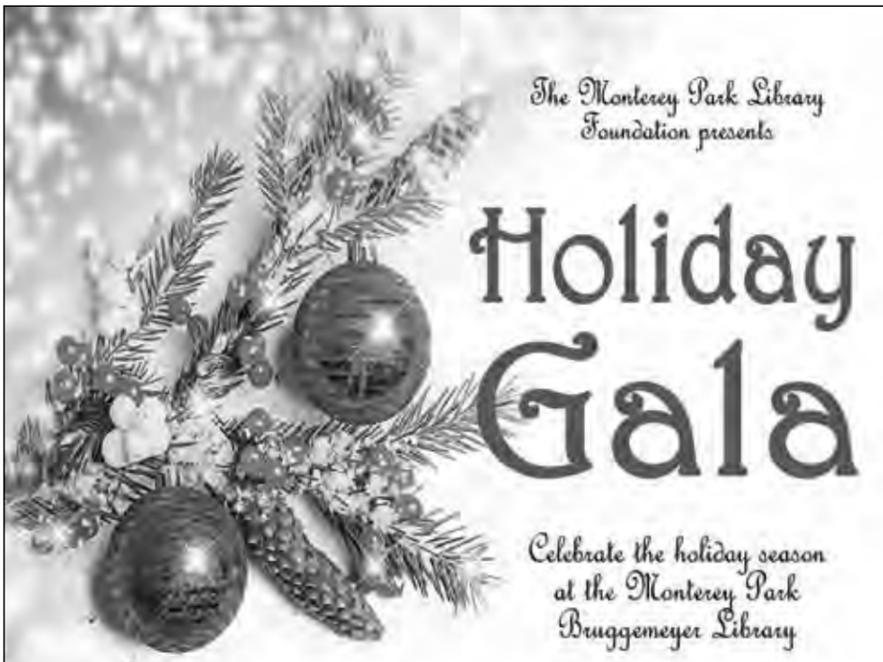
Council called the Closed Session to order at 5:40 PM.

**Agenda Item 3** Conference Legal Counsel, Existing Litigation -Government Code § 54956.9 (A) - 1 Case" to "Code Section 54956.9(D)(1) - 2 Cases

Cathy Orchard V. City of Monterey Park, LASC No. BC459635 Xu vs. City of Monterey Park, Los Angeles Superior Court Case No.: CV12-7043-PSG (JEMx)

No reportable Action was taken during Closed Session.

*The Council meeting was adjourned at 7:15 P.M.*



The Monterey Park Library Foundation presents

# Holiday Gala

Celebrate the holiday season at the Monterey Park Bruggemeyer Library

**Saturday, December 7, 2013**  
2:00 p.m. - 5:00 p.m.

Families Welcome \* Holiday Entertainment  
Hot beverages and Seasonal Refreshments  
Santa Claus visit from 3:30 p.m. - 4:30 p.m.  
Toy Drive for American Legion Post #397

Support your library by joining us for this fun and festive event!  
All donations benefit the library and are tax deductible.

Children under 12 years of age	free
Seniors over 65 years of age	\$15
Adults	\$25
Bring a new, unwrapped toy	\$20

Organizations, businesses or individuals can sponsor the event as follows:  
Santa Claus: \$300    Snowman: \$250    Elf: \$100

To make a reservation or for more information, please call (626) 307-1269.

Monterey Park Bruggemeyer Library  
318 S. Ramona Avenue, Monterey Park, CA 91754

# Holiday Gala

Monterey Park Bruggemeyer Library  
Saturday, December 7, 2013

A fundraiser presented by the Monterey Park Library Foundation

**Sponsorship Contribution Levels:**

Santa Claus \$500  
Name on Banner and in Program \* 4 Complimentary Tickets

Snowman \$250  
Name on Banner and in Program \* 2 Complimentary Tickets

Elf \$100  
Name on Banner and in Program

Please call the library for more information at (626) 307-1269.

---

Please return by November 30, 2013

Name(s) \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

<b>Tickets:</b>		<b>Sponsorship:</b>	
Children under 12 years of age	free	_____ Santa Claus	\$500
Seniors over 65 years of age	\$15	_____ Snowman	\$250
Adults	\$25	_____ Elf	\$100
Bring a new, unwrapped toy	\$20		

Enclosed is my sponsorship check for \$ \_\_\_\_\_

\_\_\_\_\_ Please reserve \_\_\_\_\_ ticket(s)  
Enclosed is my check for \$ \_\_\_\_\_

\_\_\_\_\_ Sorry, I cannot attend.  
Enclosed is my donation of \$ \_\_\_\_\_

Please make check payable to: Monterey Park Library Foundation    All donations are tax deductible.  
Please mail to: Monterey Park Library Foundation    Tax I.D. #77-0086780  
318 S. Ramona Avenue  
Monterey Park, CA 91754

# LANGLEY SENIOR CENTER

400 W. EMERSON AVENUE MONTEREY PARK

(626) 307-1395

Open Monday – Friday From 8:00 A.m. – 5:00 P.m.  
FOR ALL ACTIVITIES

CLOSED SATURDAY and SUNDAY  
EXCEPT FOR FEE BASED ACTIVITIES

## Special Dates To Remember...

NOVEMBER 4  
Mature Driving Class, 8:00 A.m.  
NOVEMBER 11  
Holiday - Center Closed  
NOVEMBER 18  
Commission On Aging Meeting, 11:00 A.m.  
NOVEMBER 24  
Club Amistad Dance  
NOVEMBER 28  
Thanksgiving Holiday - Center Closed

Monterey Park's Senior Citizen Groups meet at Langley Center on the following schedule:

M.P. Senior Citizens Club, Friday, 10:00 a.m.  
Japanese/American Club, 3rd Saturday, 1:00 p.m.  
Club Amistad, Wednesday, 12:30 p.m.  
Club Bella Vista, Thursday, 12:30 p.m.  
Chinese/American Sr. Citizens Club, 1st Saturday, 1:00 p.m.  
Gardening Club, 4th Monday, 1:00 p.m.

**EARLY MORNING TABLE TENNIS, BILLIARDS, AND EXERCISE ACTIVITIES**  
**MONDAY - FRIDAY, 6:00 A.M. – 8:00 A.M.** - SEPTEMBER 23 – DECEMBER 20, Fees are \$39.00

**SATURDAY PLAY 8:00 A.M.- 12:00 NOON** - SEPTEMBER 28 – DECEMBER 21, Fees are \$26.00  
**ONLY PLAYERS THAT HAVE PAID ACTIVITY FEES MAY PARTICIPATE DURING THE POSTED TIME. DOORS OPEN FOR REGULAR PLAY AT 8:00 A.M. MONDAY – FRIDAY NO PLAY ON VETERANS DAY AND THANKSGIVING**

**BINGO - EVERY FRIDAY AT 12:30 P.M. – 4:00 P.M.** COME JOIN THE FUN! DOORS OPEN AT 11:15 A.M.

1st and 3rd Friday of the month Bingo is conducted by Monterey Park Friends of the Seniors. 2nd and 4th Friday of the month Bingo is conducted by Monterey Park Senior Citizen Club. 5th Friday of the month is on rotation of both groups. Everyone over 18 years of age is invited to play. No children are allowed.

**BINGO – ON THE 1st, 2nd, 3rd and 5th SUNDAY** of the month. Door open at 10:00 a.m. Early Bird, 12:00 Noon

Conducted by Monterey Park Friends of the Seniors. Everyone over 18 years of age invited. 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. Those who play 500 also welcome new players. All seniors are invited.

**GARDEN CLUB!** Do you love gardening? Would you like to share your experiences, talents, and knowledge of gardening with others? Contact Suzie Juarez at (626) 695-8059, if you are interested or need further information. No fees.

4th Monday of the month, **CLASSROOM 2.** Everyone is invited to join and meet gardening friends!

## CLASSES OFFERED BY LANGLEY CENTER

**AMERICAN CULTURE**  
Thursday, Beginner 1:00 p.m.-3:00 p.m.; Intermediate, 3:00 p.m.- 4:00 p.m., Paul Cheng Instructor, Free

**BEADING CLASS**  
Mondays, 9:00 a.m.-11:00 a.m. Francis Lau, Instructor, Free. Pay for materials used.

**CHINESE HEALTH EXERCISE**  
Mary Tam conducts a health exercise class every morning at the Center, 7:00 a.m.-8:00 a.m. Everyone invited. Free.

**CHINESE KUNG FU**  
**FAN DANCE CLASS**  
Saturdays, 9:00 a.m.-10:30 a.m.  
Instructors: Sandra Lin, Rosa Yee, Alice Tsao. Fee

**CHINESE BRUSH PAINTING**  
– Monday or Thursday, 9:00 a.m.-11:30 a.m.

Instructor: Ping Wen Chiang  
\$4 per class, plus cost of materials.

**CHINESE PAINTING II & CALLIGRAPHY**  
Thursday, 9:30 a.m.-11:30 a.m., (donation)  
Painting Instructor: Yu Zhou So; Calligraphy Instructor: Louie Valdivia

**CHINESE PAINTING**  
FRIDAY AFTERNOON – 1:30 p.m. – 3:00 p.m.  
**CHINESE YUAN CHI DANCE/ EXERCISE CLASSES**

Monday - Thursday, 8:00 a.m. -10:00 a.m.  
Instructors: Sandra Lin, Rosa Yee, Alice Tsao Free.

**COMPUTER**  
NEXT SESSION WILL BEGIN IN JANUARY  
Beginning level, Tuesday 9:00 a.m.-11:30 a.m.; Intermediate level, Wednesday 1:00 p.m. – 3:30 p.m.,

**DANCE CLASSES**  
Wednesday and Friday, 7:00 p.m.-10:00 p.m.; \$5.00, Instructor: Glenn Yata

**ENGLISH CONVERSATION**  
Thursday, 9:15 a.m.-11:30 a.m., Instructor: Betty Cheng

**KARAOKE**  
Tuesday, 9:00 a.m.-12 Noon, Instructor: Betty Cheng

**LINE DANCING**  
Fridays, 9:00 a.m. – 11:00 a.m. Instructors: Sandra Lin and Wilson Ng. (donation)

**NEEDLE CRAFT WORK SHOP**  
Tuesdays, 9:00 a.m.-11:00 a.m.

## MUSICAL GROUPS:

**FRIENDSHIP CHORUS**  
Wed., 9:30 a.m.-12 noon, Prof. Ping Qiao, Director

**CHINESE EVERGREEN CHORUS**  
Wed., 1:00 p.m.–3:00 p.m., Mr. Dely Chow, Musical Director

**CHINESE OPERA**  
Monday, 9:00 a.m.– 12 Noon, Director, Fuller Chen

**CHINESE OPERA**  
Friday, 9:00 a.m. – 12 noon, Director, C.L. Shen

**MONTEREY PARK CHORUS**  
Monday - 7:00 p.m. - 9:00 p.m., Friendship Room, Dr. S.S. Chang

## CITY EXERCISE CLASSES WINTER SESSION

WILL BEGIN IN JANUARY  
**CHAIR FITNESS FOR SENIORS**  
1:30 p.m. - 2:30 p.m., Tuesday /Thursday,

1:30 p.m. - 2:30 p.m., Thursday only  
**TOTAL FITNESS FOR ACTIVE SENIORS**

- Beginning: 1:00 p.m. - 2:30 p.m. Monday/Wednesday  
- Intermediate/Adv: 3:00 p.m. - 4:30 p.m. Monday/Thursday

- Intermediate/Adv: 3:00 p.m. - 4:30 p.m. Tuesday

**ZUMBA GOLD FOR SENIORS**  
12:15 p.m. - 1:15 p.m. Tuesday

**COMMISSION ON AGING**  
The Commission will meet NOVEMBER, 11:00 a.m. The public is invited.

**CONCERT BAND of MONTEREY PARK**  
- Meets Mondays, 7:30 p.m. – 9:30 p.m. Musicians wanted – brass, woodwinds and drums. Must be able to read music and have own instrument and music stand. Fee

**DANCE**  
TUESDAY, 1:00 p.m.-3:30 p.m. Dance to the music of Incredible Time Machine, Refreshments, \$3.00

**DIAL-A-RIDE**  
For service Monday through Friday, 8:00 a.m.– 4:00 p.m., call (626) 307-1396. This free service for seniors 55 years of age and over, provides transportation within Monterey Park City limits, except for medical needs, and then into adjacent communities only.

Dial-A-Ride provides two shopping tours a month to Town Center, Montebello or Wall-Mart, Rosemead, 12:00 – 2:30 p.m.

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

(The donation maintains equipment and purchases barber supplies.)

**HEALTH SCREENING & RELATED SERVICES**

**BLOOD SUGAR/GLUCOSE SCREENINGS** – NOVEMBER 5, 8:30 a.m.-10:30 a.m., Provided by HealthCare Partners, Olga Reyes and Celia Valenzuela.

**BLOOD PRESSURE CLINIC** – NOVEMBER 19, 8:30 a.m.-10:30 a.m., provided by Garfield Medical Center Nurse FOR LOAN- Senior residents of M.P. may check out a wheel chair, walker or crutches for a limited time.

**HOUSING RIGHTS CENTER**  
Walk-In-Fair Housing Clinic (1st Tuesday) NOVEMBER 5, 1:00 p.m.- 4:00 p.m., for persons needing assistance related to landlord/tenant laws (no appointment needed) for a free consultation with a housing counselor.

For information, call 1-800-477-5977

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

**IN-HOME REGISTRY SERVICE**  
This service can provide you with names of individuals who can work in your home offering a variety of skills. Our registry includes: LVNS for skilled nursing care, injections, etc. Certified Nurse Assistants for personal care needs such as feeding, bedside care, bathing, etc.; homemakers/companions – for housework, meals, laundry, errands, etc; plumbers, electricians, handymen, gardeners, etc. who will come to your home.

Payment for the work performed is determined between the worker and you. If you reside in Monterey Park and are 60 or over and need this type of in-home care, please call (626) 307-1373. Applications for work are available.

**JEWELRY AND WATCH REPAIR**  
at discounted prices. Wednesday, 8:00 a.m.-11:00 a.m. for repair or estimate. Service provided by Kit Moc. Langley Center does not warrant or guarantee any aspect of any repair.

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

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

**MATURE DRIVER'S IMPROVEMENT COURSE**  
– MONDAY, NOVEMBER 4 - 8:00 a.m. – 5:00 p.m. Seniors completing the 8-hour course will be certified and eligible to get a 5% to 10% reduction on their premiums for bodily injury & property damage liability for up to three years with participating insurance companies. State Certificate of Completion, \$1.00. Information call (626) 307-1395.

**METRO "TAP CARD"**  
The CARDS will be processed from the 25th of the month through the 10th of next month, Mon. – Fri., 8:30 a.m. – 4:00 p.m. To receive the City of Monterey Park discount, you must be 62 or older and have proof of residency which must include identification with name and address imprinted, such as a Driver's License, DMV ID Card or Utility Bill, and a valid "TAP CARD".

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

**SEE'S CANDY** 1 lb. CERTIFICATES - Available for \$14.70

**TAXI COUPONS**  
will be issued each month, on the 1st Monday of the month - to qualified senior residents, 65 years and older; whose household income meets the Los Angeles County poverty guidelines (\$11,490 per year for one member, \$15,510 for two, \$19,530 for three or \$23,550 for four). Those meeting the guidelines are allowed 2 coupons a month, and the value of each coupon is \$11. The coupon is only valid for the month it is issued. Sign up at the office.

## SENIOR CITIZEN TRIPS & TOURS

THE TRIPS and TOURS DESK IS OPEN 9:00 A.M. – 3:00 P.M. MONDAY - FRIDAY

Trips are for senior citizens 50 years and older only, no exceptions. Sign up with Tour Director for all excursions as early as possible trips are limited and are on a first pay basis. All casino dividends are subject to change. Monterey Park's Recreation/Community Services Department acts only as an agent in putting together day and extended trip packages and does not assume any liability for illness, injury, damages, loss, accident, or delay due to any act or default of any company or person involved in the trip, nor can we be held responsible for changes made by the tour operator or hotels. CANCELLATIONS: To receive a refund, if you must cancel a trip, mail or bring your ticket to the office. A telephone call is not sufficient. (Day Trips: at least five working days prior to date of trip; Overnight Trips: at least 14 working days prior to departure date; Extended Excursions: as stipulated for specific tour). We make no refunds after the designated time. If you wish to cancel after the specified time limit, we will try to resell your ticket if a waiting list exists for the trip. A cancellation fee of \$2 per person on day trip ticket and \$5 per person on overnight trip ticket will be withheld from the refund. You may not transfer from one trip to another, sell, or give away your ticket without a cancellation fee. After paying the cancellation fee, (with approval of the Tour Office) you can sell or give away your ticket to a qualifying senior prior to trip departure. On any trip there is the possibility of a fuel surcharge. If this occurs, you will be notified prior to the trip.

**ARIZONA - VERDE CANYON TRAIL**  
NOVEMBER 7 - 10

\$499.50 per person, based on double occupancy, \$649.50 single person in room. Deposit required \$150.00 per person. Balance due October 15. Old west adventure in Tucson, Kartchner Caverns State Park, Tombstone and an underground mine tour aboard electric cart in Bisbee Arizona (an antique lovers turn of the century copper, gold, silver, zinc mining town. Admission to Tombstone, includes a gunfight at the O.K. Corral.

**THANKSGIVING IN LAUGHLIN**  
NOVEMBER 27 - 29

\$189.50 per person, based on double occupancy, \$249.50 single person in room. Deposit required \$150.00 per person. Balance due November 6, 2013. Plan for this Holiday tour and fun with friends at the Riverside Resort Hotel and Casino! This is where the casino action and excitement are non-stop!

**HEARST CASTLE AT CHRISTMAS**  
DECEMBER -16 - 17

\$269.50 per person, based on double occupancy, \$329.50 single person in room. Deposit required \$75.00 per person. Final payment is due November 15, 2013. Tour includes Amtrak to Santa Barbara, then deluxe motor coach, and accommodations at San Simeon, again at the Best Western Cavalier Inn. Christmas time evening tour at Hearst Castle. A terrific two-day holiday getaway.

**LAKE HAVASAU NEW YEAR'S EVE**  
DECEMBER 31 - JANUARY 1

\$289.50 per person, based on double occupancy, \$349.50 single person in room. Deposit is \$100.00 per person. Final payment due December 1. Dancing, champagne, music and party favors. Stay at the London Bridge Lakefront all-suites resort. This classic English Tudor resort features winding walkways with hidden gardens that are filled with exotic foliage and sparkling fountains. A perfect way to begin the New Year.

**ARIZONA GEM TOUR**  
JANUARY 21-23, 2014

\$299.00 per person, based on double occupancy, \$399.00 single person in room. Deposit is \$100.00 per person. Final payment due December 7. The town of Quartzsite has been a rock hound's paradise since the 1960's! In January rockhounds, jewelers and vendors attend the major gem and mineral shows. Highlight of the tour is visiting Quartzsite for the Tyson Wells Sell-A-Rama Show, QIA'S Pow Wow Show, Rock, Gem & Mineral shopping in Quartzite, Arizona, Celia's Garden, Quartzite Museum, two night stay at the Blue Water Resort and Casino in Parker, Arizona.

# November Events at American Legion Post #397

November is an important month to us at The American Legion Post #397 as it is the month we celebrate Veterans Day. Veterans Day began as a day for remembering the end of World War I and the brave Americans who served in the "war to end all wars." While the day has strong historical roots, current events continue to add meaning to the day. There will be a Veterans Day ceremony on November 11 (11/11) in front of Monterey Park City Hall at 11:00 a.m. Please join us immediately following the ceremony for lunch at the American Legion.

• The Legion will host a Korean War Vet Luncheon on November 16. Details are pending. Please visit our Facebook page or contact the Legion for more information.

• Thanksgiving Dinner will be served at the Legion on November 28 at 1:00 p.m. in our main hall. This dinner is open to any veteran as well as community members who are in need.

• We are currently holding a toy drive for our 3rd annual Christmas party which will be on December 21. This event provides toys and a meal to the children and families in our community. Please drop off new toys or gift cards to the Legion in order to help with the continued success of this event.

• Don't forget to join us for our Friday night dinners at the Legion in November on the 8th and the 22nd. Dinners are served from 6:00-8:00 p.m.

We are always looking for new members to join our post. "Like" us on Facebook or email us at [post397@gmail.com](mailto:post397@gmail.com). For more information on membership or events please contact Commander Gabriel Suarez at 626-572-9211. The post is located at 338 S. Ramona Ave., Monterey Park, CA 91754.

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## Gum Treatment reduces pain of Rheumatoid Arthritis

"After gum treatment my arthritis pain is at least 65% better." Mary, age 36, has been suffering from rheumatoid arthritis (RA) for five years. She has been suffering particularly from pain and swelling in the joints of the wrists, hands and toes. Because of the severity of the symptoms, her rheumatologist insisted that she see the dentist for treatment for noticeable oral infections. Her rheumatologist told her that removing sources of infection from the oral cavity may very well lessen the severity of her condition. Having been a reader of this column for many years, she chose to come to this office for treatment. Of course she was thrilled that pain had subsided by so much after uneventful non-surgical gum treatment. Mary also said that she felt more energetic and definitely more enthusiastic about life. Even her complexion cleared up. Although we cannot predict the exact effect of gum treatment in every case involving rheumatoid arthritis, Mary's experience is not uncommon in my practice. We have seen many cases just like Mary's. In fact this association between rheumatoid arthritis and gum treatment has been reported in the various medical and dental journals for at least the past ten years.

One of the most recent research studies on this subject was published in the June, 2009, issue of the Journal of Periodontology titled, "Periodontal Therapy Reduces the Severity of Active Rheumatoid Arthritis in Patients Treated

With or Without Tumor Necrosis Factor Inhibitors." This study is a collaborative project between the Division of Rheumatology, University Hospital Case Medical Center, Cleveland, Ohio, and the Department of Periodontology, School of Dentistry of Case Western Reserve University. This study involved forty rheumatoid arthritis patients who also had been diagnosed for moderate or severe gum disease. Twenty received non-surgical gum treatment and the other twenty received no gum treatment. Six weeks of objective observation by rheumatologists and blood tests were done. Based on the results, the authors of this study concluded that "non-surgical therapy had a beneficial effect on signs and symptoms of RA (rheumatoid arthritis)..."

How are these two disorders related? According to the summary of the literature, as reported in this article, rheumatoid arthritis and periodontitis (gum disease) share some common characteristics. Rheumatoid arthritis is an inflammatory disease wherein the autoimmune system attacks the hard and soft tissue of the joints. Periodontitis is a bacterially incited inflammatory disease wherein the autoimmune system attacks and hard (bony) and soft (gum) tissue around the teeth. Bacteria that cause gum disease have been found in the joints of patients with rheumatoid arthritis. Patients with rheumatoid arthritis have been shown to have more antibodies against bacteria that cause gum disease that those patients

without rheumatoid arthritis. Artificially induced rheumatoid arthritis has been associated with development of gum disease in some laboratory experiments.

Thus it came as no surprise that another study showed that patients with rheumatoid arthritis may have a higher risk for gum disease (periodontitis). For example, in an article published in January, 2008, in the Journal of Rheumatoid Arthritis, called "Association of periodontal disease and tooth loss with rheumatoid arthritis in the US population," it was concluded that "RA (rheumatoid arthritis) may be associated with tooth loss and periodontitis." This study involved 4461 patients.

Hence it appears that studies reported in both medical and dental journals acknowledge the association between rheumatoid arthritis and periodontitis. Although there is no scientific basis to definitively conclude that there is a "causal" relationship as yet, there is no downside risk in having one's gum disease treated, no matter whether you have rheumatoid arthritis or not. Furthermore there is no dispute that removing infection from the gums and the mouth will not only save teeth, but also certainly improve one's general health. In conclusion, for the rheumatoid arthritis patient who has gum disease and everybody else, only good can come out of seeing the dentist. So see your dentist regularly. You can't lose.



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# The Intersection

By Sgt. Brent Archibald, Monterey Park Police Department



M.A.I.T. Detective Julian conducting traffic collision investigation.



MPPD staff members Archibald, Julian and Strothers.

We here at the Monterey Park Police Department certainly hope everyone enjoyed their summer and is taking advantage of what may be left of our warm weather. Fall is upon us and local schools are back in full session. I want to remind everyone to keep their vehicle speed down and their eyes open for students.

**The simplest formula to safe driving I know is:**

- Drive within the posted speed limit
- Maintain a safe distance from the vehicle ahead of you
- Pay attention.

I realize that often times pedestrian enter the roadway when they shouldn't. To our walking readers, "Do It Right, Wait for the Light!"

When collisions do occur, the Monterey Park Police Traffic Bureau will investigate. When serious accidents occur, our Major Accident Investigation Team (M.A.I.T.) has sophisticated computer equipment that assists investigators in reconstructing the actions of the parties involved, which have lead to the criminal conviction of drivers.

Here is some exciting news coming out of our traffic bureau. On September 18, motorcycle officers Julian, Stothers and I represented our Police Department in the Orange County Traffic Officer's Association Police Motorcycle Rodeo. There were over 40 large and small agencies represented from Orange, Los Angeles, and San Bernardino Counties. Our guys came in 1st Place in the BMW Team Skills Competition, which consisted of seven grueling exercises of skill and grit. Our guys received their medals and were proud to represent our city. Congratulations to our team for their dedication and skills required to ride police motorcycles.

For more information about the MPPD Traffic Bureau contact Sgt. Brent Archibald at barchibald@montereypark.ca.gov or 626-307-1240.

# Rainy Season Preparation

The rainy season in California typically starts from late October through March and brings in the majority of the annual rainfall to the region. During the winter rainy season, not only do Californians face the risk of flooding and mudflows that damage homes and businesses, but waterways and beaches are often polluted by stormwater runoff.

During months of dry weather various pollutants have accumulated in the gutters and on the streets. Among them are cigarette butts, dog waste, food wrappers and oil leaked from cars. Once the first rain hits the ground, not only do all that trash that gets washed into the gutters block the storm drains and create overflows, the pollutants make their way into rivers, creeks and the ocean endangering marine life and people's health.

**Below is a list of measures to ensure a safer and cleaner winter:**

- Do not apply pesticides or any chemical to lawns and gardens before watering or a forecast of rain.
- Clean out leaves from roof and gutters. Make sure to clean the outdoor area with a broom and not a hose.
- Recycle unwanted or old hazardous products such as used motor oil, filters, paint, paint thinner, pesticides, pool chemicals, used Sharps and unwanted or expired prescriptions at a Household Hazardous Waste Roundup Event. For information on upcoming Household Hazardous Waste Round events, call 1 (888) CLEAN LA or visit www.888cleanla.com.
- Recycle used motor oil and filters at the following certified centers in the City of Monterey Park:
  - Camino Real Chevrolet 2401 S. Atlantic Blvd. 323-264-3050
  - Paragon Automotive 400 E. Garvey Ave. 626-872-0707
  - Silver Star Services 600 W. Garvey Ave. 626-284-0312
  - Vo Auto Repair 631 N. Garfield Ave. 626-288-8871

*\*Please note that it is advisable to call before taking oil to any of the listed centers.*
- Maintain vehicles in good condition and prevent leaks. Fluids dripped or spilled onto streets will be washed into the storm drain system and into the ocean.

For questions, upcoming events or to get more information on environmental programs, go to www.ci.monterey-park.ca.us or call the Public Works Department at 626-307-1320.

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# The Friends of The Library and Historical Society of Monterey Park Host Viewing and Discussion of "National Velvet"

Longtime resident Norman Lieberman also discusses his stint as a movie extra

By Beryl Williams, Historical Society of Monterey Park

Fifty residents and friends of Monterey Park gathered at the library to view the 1944 film classic "National Velvet." Film Historian Foster Hirsch introduced and moderated a discussion afterward. He emphasized how the film began Elizabeth Taylor's meteoric rise to stardom. Mickey Rooney played his part well and Anne Revere, who played Mrs. Araminty Brown (Elizabeth's film mother), earned an Oscar as Best Supporting Actress for her role.

Some race scenes in the movie were filmed at Midwick Country Club, located in the extreme northwest corner of Monterey Park. These polo fields were built in 1912 and hosted well-known actors and politicians. Humorist Will Rogers declared them to be the finest fields in all of California. Boundary lines for the Midwick Country Club were Hellman Avenue, Atlantic Boulevard, Monterey Pass Road and Fremont Avenue.

The business of making movies during World War II was difficult for many reasons. The first hurdle to overcome was rationing of consumer goods. This list included sugar, meat, butter, gasoline, lumber and rubber. Private aviation was shut down in Southern California from the coast inland as far as one hundred miles. Local airports were co-opted by the federal government to bolster the war effort. The end result was a severe shortage of walk-ons and extras to fill a crowd scene in a movie. This fact provided a window of opportunity for some local youths.

Norman Lieberman, a resident of Monterey Park since 1953 and a Historical Society member, was a 16 year old senior at Hamilton High School in west Los Angeles in 1944. He and his friends were shooting baskets at a local YMCA when they were approached by a representative from MGM Studios located in Culver City. "How would you guys like to work in the movies?" Quickly they answered in the affirmative. They were told to report to the MGM lot the next morning at 6 am.

Movie studios were making movies at a faster rate than ever before. One reason was the prohibition of very large gatherings of people, such as occur at major sporting events. Indeed, one year the Rose Bowl game on New Year's Day was moved to a southern state where Oregon State played Duke. The federal government feared a bombing near the west coast. People attended the local picture show frequently and studios were trying to meet demand for new movies at the same time that the vast majority of men had been drafted and were away from home serving the war effort. Those men left behind were high school students, men classified 4F and those men too old for the draft.

It was necessary to miss school for a day, but shooting the scene rarely lasted more than one day and schoolwork missed on campus was easily made up. Mr. Lieberman's first film was "The White Cliffs of Dover," starring Irene Dunn and William Hyde. They were shooting a commando raid on



Left to Right Mary De La Torre, Beryl Walker, Foster Hirsch, Jessica Kwapisz, Sharon Seminario.

Dunkirk and had to run across a large field. The stunt men went first as they were slated to be blown up. The extras each carried a rifle that carried no live ammunition. Each day that he reported to a movie studio, he was paid \$10.50. That was a good wage in 1944! While filming the same movie, the extras were taught the fine points of marching by a Colonel hired from a military school. The goal was to recreate a parade that was held in London showing solidarity among the Western allies. Plans do not always work as envisioned. The hired extras simply could not master the fine points of marching and directors finally cut their scenes and used newsreel footage from the actual parade.

Mr. Lieberman filmed scenes for "Two Girls and a Sailor" starring June Allyson and Gloria De Haven. The high school boys working that day were struck by the glamour and beauty of those two women. More films were "Eve of St. Mark," "The Hitler Gang," "Wilson"-with Woodrow Wilson played by Alexander Knox, "Dragon Seed" starring Kathryn Hepburn and "The Bride Wore Boots" with Robert Cummings and Barbara Stanwyk.

"The Bride Wore Boots" involved a steeple chase scene and Mr. Lieberman's part involved standing and watching the action as the race finished. He was astonished to see that Mr. Cummings himself was riding the horse as it cleared the barrier. Mr. Cummings had obviously brought riding skills to his movie career. The steeple chase scene was shot on location, which meant that you received a fine box lunch as well as the day's wages of \$10.50. Mr. Lieberman's aunt and

uncle were visiting from New York City and had wanted to see a movie studio. He was able to sign not only himself to work on this film, but also his aunt, uncle, mom and dad. His aunt and uncle were thrilled by the opportunity.

We've come full circle, back to the film "National Velvet." Mr. Lieberman reported to work at Midwick Country Club as part of the crowd scene that encircled Elizabeth Taylor after she fell from her horse. The crowd surged alongside the stretcher as she was carried to the infirmary. Alas, Mr. Lieberman's part in the crowd scene was left on the cutting room floor and those of us viewing the film on July 28 didn't have the chance to glimpse a youthful Norman Lieberman. His career in movies ended with his graduation from high school. He worked as a laborer during the summer before matriculating at UC Berkeley in the fall of 1945. He enlisted in the Army in December of 1945 and served 13 months at stateside assignments before Harry Truman declared the war over in February of 1947.

Mr. Lieberman was interviewed for this article in the Monterey Park Historical Museum in September of this year. You never know what interesting people you'll meet when you visit the museum. We look forward to welcoming you, your family and friends soon!

The Historical Society maintains the Monterey Park Historical Museum, located at 781 S. Orange Avenue. Museum hours are Saturday and Sunday from 2-4 p.m. General info: 626-307-1267.



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

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# Nishizawa Memorial Scholarships Awarded to High School Grads

By Kimi Yamato

The Bella Vista Optimist Club of Montebello held its 45th Annual Glenn N. Nishizawa Memorial Scholarship Awards Presentation at Monterey Hill Steakhouse in Monterey Park.

Awarded first place was Rafael Cubillo, Jr., a graduate of Garfield High School in Los Angeles Unified School District. He received a \$4,000 scholarship and is planning on majoring in Film and Television Production at California State University, Long Beach.

The second place recipient, Jeanie Garcia, received a \$2,000 award. A graduate of Gabrielino High School in San Gabriel, she will be attending California State University, Los Angeles and will pursue a major in Biology.

Receiving \$1,000 as the third place recipient is Hsien-Te Kao, a graduate of San Gabriel High School. He will be attending California State Polytechnic University, Pomona. This award would not be possible without the generosity of Elizabeth Smith, together with Vic and Ilene Bezjian, of Huntington Beach.

The deserving awardees were selected from a number of high school seniors on the basis of grade point average, academic achievement, and participation and involvement in school and community activities.

The memorial scholarship is a way to perpetuate the memory of Glenn Nishizawa, a U.S. Army medic, who was killed in action in the Vietnam War in 1968. He was posthumously awarded the Bronze Star and Silver Star medals. The award was established by family and friends and is sponsored by the Bella Vista Optimist Club.



(1st Row - Seated: L-R) Rafael Cubillo, Jr., Jeanie Garcia, Hsien-Te Kao. (2nd Row - Standing: L-R) Doug Murakami, Mike Hensley, Lynn Hensley, Elizabeth Smith, Ilene Bezjian; Mitch Sakado. Photo by Kaz Hosozawa.

## Monterey Park Receives Acclaim for Budget Presentation

The Government Finance Officers Association of the United States and Canada (GFOA) presented a Distinguished Budget Presentation Award to the City of Monterey Park, California for its annual budget for the fiscal year beginning July 1, 2013. This award is the highest form of recognition in governmental budgeting and represents a significant achievement by the City. In order to receive this award, a governmental unit must publish a budget document that meets program criteria as a

policy document, as an operations guide, as a financial plan, and as a communications device.

The City's budget process is coordinated by the Finance Division. This is the 23rd time that the City has been awarded by the Government Finance Officers Association for excellence in its budgeting.



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# MONTEREY PARK BRUGGEMEYER LIBRARY

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

Fridays 10 - 1 pm • Saturdays Closed • Sundays 1 - 5 pm

## LAMP LITERACY AND ESL CLASSES

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

## CITIZENSHIP PREPARATION CLASSES

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

## ONE TO ONE TUTORING FOR ADULT LITERACY

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

## JOIN THE LAMP TEAM OF VOLUNTEERS!

The LAMP Literacy Office is looking for motivated people who are interested in tutoring adult learners in one-to-one English Language Instruction, or small groups of adult learners. The LAMP Literacy Program will provide tutoring training skills and will also supply all needed training materials at no cost to the tutor. Please contact the LAMP

Literacy Office at (626) 307-1251 for more information or stop by and fill out an application. Give the gift that will last a lifetime by helping someone learn English so they can flourish and prosper in their communities.

## BOOKSTORE VOLUNTEERS NEEDED FOR MONDAYS AND TUESDAYS NIGHTS

Volunteers are needed to help with the Friends of the Monterey Park Library Bookstore. If you have time to donate to your community, invest that time in helping out in the library bookstore. Volunteers are needed to help extend evening hours on Mondays and Tuesdays nights. Volunteers will assist with the sorting of donated books, inventory collection and sale events. If you are interested in joining the team of the Friends of the Library Bookstore Volunteers, please contact Gwen Kishida, Administrative Secretary at (626) 307-1269, or come by the library and fill out a volunteer application. If you have other hours of availability, please call. We always need help.

## IN-N-OUT BURGER READING PROGRAM



There is still time to join the In-N-Out Burger "Cover to Cover Club" Reading Program for children ages 4 to 12 at the library. The reading program will end on November 15. To participate, children need to register at the Children's Desk to receive a reading log and check out books at their reading level from the Monterey Park Bruggemeyer Library. Participating children need to return to the Children's Desk to receive credit for the books they have read. Children reading five books must have a parent or guardian sign the reading log to receive a "Cover to Cover Club" achievement award which is good for a free hamburger or cheeseburger at any In-N-Out Burger. Children who are too young to read may participate by having books read to them by their parent or guardian. Children may receive up to three award certificates during the reading program. For more information, call the Children's Desk at (626) 307-1358.

## COMPUTER CLASS FOR PARENTS & CHILDREN

The Children's Services Department will hold a free computer class for children and their accompanying parents on Thursday, November 14 at 3:00 p.m. in the Computer Lab on the second floor. Staff will teach parents how to set up a personal email account, how to read E-books on reading tablets, and how to access children's electronic databases on the library website during the one-hour class. Due to limited seating, pre-registration is required. A sign-up sheet will be available at the Children's Desk one week prior to the program. Parents may also bring their own mobile devices such as iPhones, iPads or iPad Minis to this hands-on training. For further information, call the Children's Desk at (626) 307-1358.

## THANKSGIVING TWEEN PROGRAM

On Thursday, November 21 at 3:00 pm, the Children's Services Department will host a special "Thanksgiving Trivia Pursuit Program" for tweens ages 9-12 and their accompanying parents in the Friends Room. Following the program, participants can join

a "Turkey" paper roll craft program. The program is free. Light refreshments will be served compliments of the Friends of the Library. For more information, call the Children's Department at (626) 307-1358.

## PRESCHOOL "LEAF MASK" CRAFT PROGRAM

Preschoolers are invited to a Thanksgiving storytime program on Thursday, November 21 at 10:30 am in the Storytime Room. A "Make Your Own Leaf Mask" craft program for preschool age children will follow the storytime in the Arts & Craft Room. For more information about the program, please call the Children's Desk at (626) 307-1358.

## HOMEWORK ASSISTANCE PROGRAM

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

## STORYTIMES

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

Tuesdays 7:30 pm

Wednesdays 4:00 pm

Thursdays 10:00 am for infants

(one parent or caregiver per child is required)

Thursdays 10:30 am for preschoolers

Each storytime lasts about 30 minutes.

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

## MONDAY NIGHT BASIC COMPUTER CLASSES IN MANDARIN

Monday night computer classes in Mandarin are scheduled for November 4, 18, and 25 at 7 pm in the computer lab located on the second floor of the library. Space is limited and registration is required for the free classes. Adults wanting to learn basic computer skills that include mouse, keyboard, Microsoft Word and the Internet are encouraged to register for the free classes at the Reference Desk or by calling (626) 307-1368.

## THURSDAY MORNING INTERMEDIATE WORD COMPUTER CLASSES IN ENGLISH

Thursday morning Intermediate Word Computer Classes in English are scheduled for November 7, 14, and 21 in the computer lab from 10:30 am - 12 noon. Space is limited and registration is required for the free classes. Adults will learn Internet searching skills and Word-processing skills making several holiday projects that include a greeting card and holiday letter using graphics with Microsoft Word. To register for the free class contact the Reference Desk or call (626) 307-1368.

## JOIN THE LIBRARY TEAM OF COMPUTER VOLUNTEER INSTRUCTORS

The library is looking for volunteers to teach computer classes, basic, intermediate, or advanced during the day or evening. Please

call the Reference Desk at (626) 307-1368 for additional information if you are interested in becoming a volunteer.

## INTERNATIONAL FILM PROGRAM

The public is invited to the library's special film screenings featuring award winning films. The International Film Program on Wednesday, November 20 at 2 pm in the Friends Room is a free program with light refreshments compliments of the Friends of the Monterey Park Library. For additional information contact the Reference Desk at (626) 307-1368.

## VETERANS DAY PROGRAM GUEST SPEAKER: PETER MAIMONE WWII P-38 PILOT

The Monterey Park Bruggemeyer Library in partnership with the Historical Society of Monterey Park will present a Veterans Day Program with guest speaker, Peter Maimone, WWII P-38 pilot on Sunday, November 3 at 2 pm in the Friends Room. Mr. Maimone is the author of *As I Remember World War II*, a retrospective of his service as a P-38 pilot in the Army Air Corps. The Presentation of the Colors by American Legion Post 397 will introduce the program honoring all Veterans. The public is invited to the free program and can view a display at the library honoring WWII Veterans throughout the month of November. The display includes WWII memorabilia from the American Legion, the Historical Society of Monterey Park and the library. For more information about the program contact the Reference Desk at (626) 307-1368.

## SAFETY CLASS FOR SENIORS

The Monterey Park Fire Department will present a "Safety Class for Seniors" on Sunday, November 24 at 2 pm in the Friends Room. Fire officials say "Falls are one of the biggest 911 calls for seniors. Slips, trips and falls are a leading cause of emergency room visits for the elderly. The Fire Department will share some simple things seniors and caregivers can do to make a home safer. Another important topic "fire safety" will help seniors and caregivers to save lives by following simple safety precautions. For more information about the free class contact the Reference Desk at (626) 307-1368.

## MIDWEEK MOVIE @ THE LIBRARY

The library showcases a new to DVD released movie on the first Wednesday of each month at 3 pm in the Friends room. On Wednesday, November 6, a sci-fi, action film will feature Captain Kirk, Spock and the crew of the U.S.S. Enterprise as they face Khan, a ruthless mastermind who declares a one-man war on the Federation. The movie is rated PG 13 and the run time is 135 minutes. For more information about this and other free programs contact the Reference Desk at (626) 307-1368.

## JF PROGRAMS

### FUN PROGRAMS BY YOUTH FOR YOUTH

The Junior Friends, a library teen volunteer organization hosts a program each month to serve the youth at the Monterey Park Bruggemeyer Library. On Wednesday, November 13, the Junior Friends will host a special holiday, Thanksgiving themed program at 3:30 pm in the Friends Room. All teens are welcome!

# Bill Clinton recognizes 267 U.S. schools, including five AUSD schools, for efforts to prevent childhood obesity

Former President Bill Clinton honored 267 of the healthiest schools in the nation at the eighth annual Healthy Schools Program Forum in Little Rock, Arkansas, held at the Clinton Presidential Center in September. Five Alhambra Unified School District schools received Bronze Recognition at the Forum for their passion and commitment in creating healthier school environments. The schools were Fremont, Monterey Highlands, Ramona, Repetto, and Ynez Elementary Schools. A delegation of principals and a teacher from these schools attended the Forum from Sept. 29 to Oct. 1, where they celebrated with other school leaders, joined and listened to a panel discussion, and received their National Recognition Award on stage.

Former President Bill Clinton, the keynote speaker, used data from the Healthy Schools Program to show how all schools receiving National Recognition Awards and a large majority of participating schools were meeting or exceeding updated federal nutrition standards for healthy school meals. Clinton also referred to his open heart surgery and said that creating a healthier school population is imperative to preventing health crises.

“Seeing President Clinton was definitely a highlight as his speech was motivating and inspiring,” Monterey Highlands Principal Debbie Kotani said.

The Healthy Schools Program is a project of the Alliance for a Healthier Generation, which was co-founded by the American Heart Association and the Clinton Foundation. The Alliance works with more than 18,000 schools across the nation in every state, reaching more than 11 million students, as well as teachers and other school staff. Its Healthy Schools Program is funded primarily by the Robert Wood Johnson Foundation (RWJF).

“The schools we’re honoring are creating a culture of health for their students and staff,” said Risa Lavizzo-Mourey, MD, RWJF president and CEO. “They’re helping to ensure that students have the good nutrition, physical activity, and



Five AUSD elementary schools receive national recognition for their innovative nutrition and fitness programs. A delegation from the schools attended the Healthy Schools Forum in Little Rock, Arkansas in September and heard former President Bill Clinton speak and thank them for their work. From L to R, are Repetto Principal Natalie Tee-Gaither; AUSD Program Specialist Judy Huffaker; Monterey Highlands Principal Debbie Kotani; Ynez Principal Carla Danner-Powell; Healthy Schools Program Manager, Alliance for a Healthier Generation Amandeep Kalsi; and Ramona teacher Lisa Sanchez.



Former President Bill Clinton addresses the audience at the Healthy Schools Forum held at the Clinton Presidential Center in Little Rock, Arkansas, in September. Five AUSD schools were honored at the event.

healthy habits they need to be ready to learn now and to succeed in the future.”

Students get up to half of their daily nutrients from food consumed at school. School meals provide a direct way to influence the health of young people and help them establish good eating habits early in life.

“Childhood obesity may result in severe medical consequences for our kids as they grow older, which is why all schools should be a reliable source of healthy foods and opportunities for physical activity for both students and staff,” said Dr. Mariell Jessup, president of the American Heart

Association, which co-founded the Alliance for a Healthier Generation with the Clinton Foundation.

The 267 recognized schools represent more than 25 states and the District of Columbia. Each school distinguished itself with healthy eating and physical activity programs and policies that meet or exceed stringent standards set by the Healthy Schools Program. Schools are eligible for National Recognition Awards at the Bronze, Silver, or Gold level based on the standards they achieve.

To learn more about the schools recognized at this year’s event, visit: [www.HealthierGeneration.org](http://www.HealthierGeneration.org)

## AUSD Teacher of the Year: Jocelyn Castro

“A Tireless Believer in the Power of Students”



AUSD Teacher of the Year Jocelyn Castro, who was the ATA segment director for Alhambra High School last year, serves ice cream to staff with CTA Executive Director Terry Skotnes in appreciation of teachers’ hard work and effort in passing Prop. 30.



AUSD Board of Education recognizes AUSD Teacher of the Year Jocelyn Castro at a board meeting. Ms. Castro teaches biology at Alhambra High School and advises its Associated Student Body.

It is unmistakable to walk through the campus at Alhambra High School without seeing the impact that this year’s Alhambra Unified School District Teacher of the Year - Jocelyn Castro - has had on the lives of students, teachers and the school community. Ms. Castro, who has been teaching at Alhambra High School for eight years, has literally taken the reigns of the school serving as adviser to the Associated Student Body, Chair of the WASC Committee, and Segment Director for the Alhambra Teachers Association at AHS. But, her legacy just will not be how she has helped transform the school campus, but rather the impact she has had on students and teachers.

Ms. Castro’s colleagues describe her as “industrious,” “dedicated,” “thoughtful,” “professional,” and “effective.” Ms. Castro served as chair of the Western Association of Schools and Colleges (WASC) committee at Alhambra High School and was able to help create a serious dialogue and reflection among the teaching staff about how to improve

the overall educational experience of students. The WASC committee recognized her leadership in their evaluative report of the school. Alhambra High School was able to gain the highest accreditation rating, that is, a six-year accreditation, with Ms. Castro’s leadership. But, her dedication to her school and fellow teachers was not limited to leading the WASC committee. During the last academic year, Ms. Castro served as Segment Director at Alhambra High School for ATA, always maintaining a professional relationship between teachers and administrators and serving the interests of teachers. Perhaps, her biggest impact was being able to help rally teachers during the tough election that included Propositions 30 and 32 and also helping improve the communication between teachers and ATA through electronic means.

Teachers also described Ms. Castro as a “tireless believer in the power of student capital” and a “fierce student advocate.” Ms. Castro is a biology teacher and “a very good one” according to many of her former students. Dilene Soto, a former student of Ms. Castro, exclaimed that she “never

learned so much in any other class as [she] did in [Ms. Castro’s] biology class.” It is also important to highlight that Ms. Castro teaches advanced placement biology and her scores were much higher than the national average, most of her students having passed the exam. A notable feat not many biology teachers can claim.

But, Ms. Castro’s impact on students is not limited to the classroom. Last year Ms. Castro served as the new adviser to the Associated Student Body (ASB) and was able to help make ASB more inclusive of the student body—increasing the number of students involved—and has transformed the culture of the school as well. In the past two years, the school has increased the number of pep rallies and events on Friday in the quad. The Alhambra blue and gold colors are more visible on campus among both students and the staff, and students are more involved than ever before. In fact, voting in student elections on campus has dramatically increased, some elections even being run online, increasing student participation dramatically. This visionary thinking on behalf of Ms. Castro has resulted in a much more involved student body.

Student body president Melissa Magana described Ms. Castro as both a “mentor” and a “coach.” It was very clear to see that Ms. Magana has been inspired by Ms. Castro as her adviser as she said, “[Ms. Castro] believes and pushes us because she knows we’re capable of so much more. She always finds a new and creative way to inspire students to become a part of our school community and become involved.”

But, most interesting was the direct impact that Ms. Castro has had on the ASB president when she claimed that Ms. Castro filled her with “confidence” and demonstrated “faith in her ability” to be President of ASB. In fact, it has “changed the way I look at myself and what I’m capable of doing in life,” Ms. Magana said. It is hard to walk through the halls without coming across a student Ms. Castro has not had a direct impact or influence, a quality that must not only be admired, but replicated by all who are educators.

# Northrup celebrates International Peace Day

Northrup Elementary students created a giant peace sign on the field to acknowledge International Peace Day in September. This gesture of peace was created with over 700 students and staff.

Upon completion of the peace sign, students and staff alike swayed to John Lennon's iconic song "Imagine."

Peace lessons were taught at various grade levels Kindergarten through 8th grade about how peace impacts peer relationships at school, their homes, community, and how peace effects the economy.

As a culmination activity, 5th grade teacher Hilary Rubin

had her students generate various synonyms for peace for a writing assignment.

Tammy Vuong, 5th grade student, said, "We wrote peace poems in our classroom."

When asked about how they felt after the activity, student Destiny Paniagua said, "I thought it was really cool that the whole entire school was able to make a peace sign to show tranquility."

The Northrup staff believes that children need to learn about peace as history demonstrates the effects when humankind does not exercise this fundamental practice.



Over 700 Northrup Elementary students and staff gathered on their school field to form a giant peace sign for International Peace Day.

# Century High School welcomes parents and updates community

Century High School has been a hub of activity since its Back To School Night on Sept. 12. During Back to School Night, Principal Lindsey K. Ma introduced the entire faculty and staff of the continuation high school to the parent and student body. Parents toured the Art Garden to see student work, attended workshops about Parent Portal (viewing grades online), Sports Program Highlights, and CHS' history. Another hour of the Back to School Night was spent in classrooms where teachers presented their academic and classroom expectations with course syllabi.

On Oct. 3, the Art Academy, a school within a school in which the students are in a cohort, went to view "Humor Abuse," a performance at the Mark Taper Forum. Supplementing their art curriculum, the field trip was provided in part by the sponsors of the Mark Taper Form Educational Division and a grant provided by the Alhambra Education Foundation.

CHS' first term, a nine-week quarter, closed on Oct. 18. Students had final exams and minimum day schedules to complete their exams week. With a new term starting on Oct. 21, all students received a new schedule and another opportunity to earn a minimum of 25 credits towards their high school graduation.

Lastly, football season continues. Games were cancelled during the weeks of extreme heat and forest fires in the San Gabriel Mountains. However, the game with Coronado High School continued on Oct. 11. The Centurions played a strong offensive game, but fell short of a victory, coming home with a 24-12 loss. The next game was with Canyon Oaks, after final exams week, on Oct. 28.

Century High School began its second quarter looking forward to more scholastic and extra-curricular activities.



Pictured are Century High football players Andrew Mladovich, Fidel Zavala, Daniel Rodriguez, Armando Beas, and Sam Paniagua playing Coronado High School on Oct. 11. Members of the CHS Football Team also include: Roxsana Anguiano, David Contreras, Victor Gonzalez, Oscar Martinez, Ronald Keo Naval-Gaitan, Matthew Sales, Destiny Saucedo, Ramses Valtierra, and Jonathan Xutux.

# Monterey Highlands takes part in global fitness break



Monterey Highlands elementary students dance and exercise away in the 2nd Annual JAM World Record event on Sept. 26.



Monterey Highlands elementary students and staff, along with Supt. Laura Tellez-Gagliano, Ed.D. and AUSD Board of Education President Jane C. Anderson, celebrate physical fitness as part of the 2nd Annual JAM World Record event on Sept. 26.

Monterey Highlands Elementary School students and staff participated in the 2nd Annual JAM World Record Day on Sept. 26. JAM Day is the first of its kind physical activity campaign created to invite all of America to pause and take Just-a-Minute (JAM) for a quick, easy fitness break. This campaign, led by schools and kids, is dedicated to raising

awareness about the importance of making activity a daily habit, ensuring kids learn healthy habits at a young age and schools have access to quality physical education programs. Over 1,358,600 people participated all over the world, including AUSD Supt. Laura Tellez-Gagliano and Board of Education President Jane C. Anderson at Monterey Highlands.

"We all had a great time, and doing a JAMmin' minute was a great way to be active!" said Judy Huffaker, R.D., AUSD Nutrition Education Specialist, who coordinated the event with Principal Debbie Kotani. JAM Day is an initiative of the JAM School Program.com and features the Alliance for a Healthier Generation as a collaborating partner.

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# Funny Doll

by Sharon Ma

Socks have become very fashionable lately. They are in all kinds of patterns and lengths in very affordable prices. I personally love polka dots and stripes and can't resist from buying more. However, when seeing a hole on one side of a pair, I feel pity that I cannot wear that lovely pattern again. What can you do with one sock? How about a cute little funny-looking doll watching TV with you? Or just buy a pair of socks in any pattern you want, and make 2 identical dolls for you and your best friend or loved one. It can be a very nice little gift, handmade~

### Materials you need: (fig. #0)

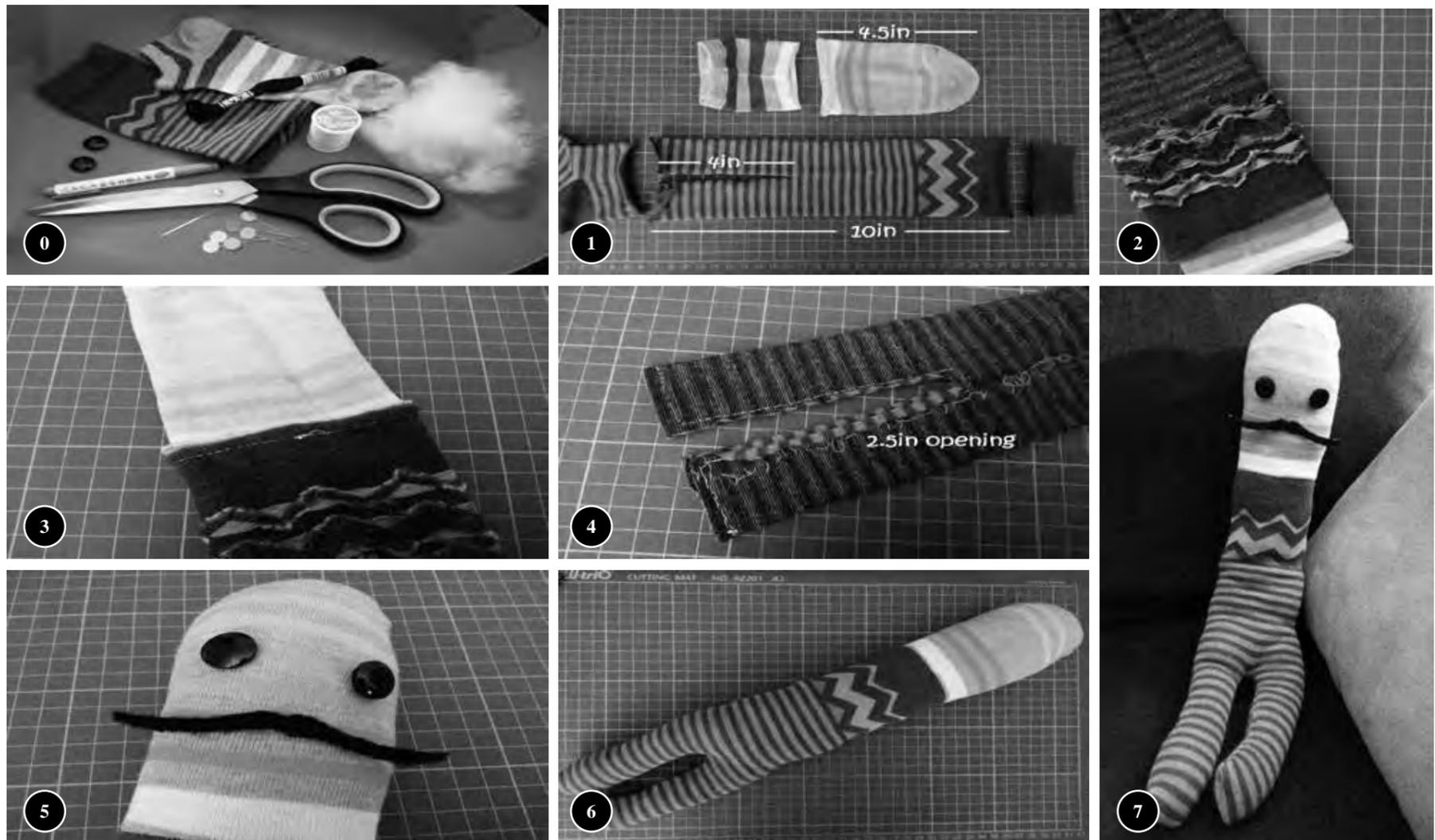
- 2 socks in different patterns, preferably with one knee-high length
- 2 buttons
- Fiberfill
- Embroidery thread (optional)

### Tools you need: (fig. #0)

- Scissors
- Ruler
- Thread (for sewing)
- Sewing needle
- Pins
- Water erasable fabric marker (optional)

### Steps:

1. Cut the socks in measurement as shown in image #1. (fig. #1)
2. Flip the longer sock inside out. Then insert the shorter sock into the uncut end of the longer sock. Align their edges. Sew the edges together with a 1/4 inch hem. (fig. #2)
3. Edges sewed together. (fig. #3)
4. Mark a 1/4 inch hem, sew along the open edges of the other side, leaving a 2 1/2 inches opening. (fig. #4)
5. At the opening, carefully flip the sock inside out so that the sewed part is in the inside. Fill the sewed sock with fiberfill at the opening. Then, sew up the opening. (fig. #5)
6. Sew buttons on the head as eyes, and stitch a mouth with embroidery thread. On the image, a mustache is used. (fig. #6)
7. Ta-da! Your new buddy is done. (fig. #7)

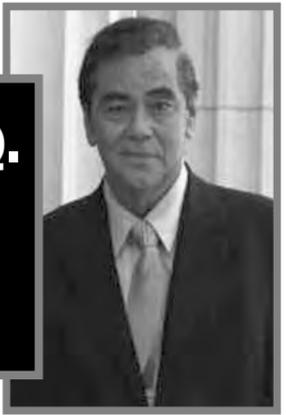


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& Associates

Former Mayor and Councilman  
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Martinez v. ElVaquero	\$717,712	Liess v. Mars, Inc.	\$205,000
Heise v. Cimms	\$475,000	De Vela v. Loya	\$140,000
Baumann v. Cochran	\$375,000	Cancino v. Torres	\$130,000
Lopez v. MLK Hospital	\$285,000	Sherman v. Carlson	\$127,000
Veluz v. Kaiser	\$250,000	Steele v. Dryer	\$125,000

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# Piece of Rabbish

by Arthur Yuen

Follow me around at facebook.com/pieceofrabbish

我可以當隻狗, 搖搖尾, 握握手。  
I can bark in monotone & do tricks for a bone.

我可以當隻貓, 追追老鼠, 胡胡鬧鬧。  
I can chase down a rat & not break a sweat.

我可以當隻鳥, 唱唱兒歌, 哼哼民謠。  
I can sing on the tree top & be praised for the good job.

但我更喜歡當隻小兔, 因為那就是我。  
父母生我為小兔, 無拘無束走我路。  
But I'd rather be a bunny.  
Because that's me & I'm happy & free.

# Daw Yee Myanmar Cafe

by Brian Lee

Looking for lunch today, and feeling adventurous. Sort of.

So I google a little bit, there is only about 5 Burmese restaurants in Los Angeles, and the two of them are in Monterey Park!

OKAY! Let's find out what Burmese cuisine is like!

Daw Yee Myanmar Cafe just start business few months ago, I wish new place would treat nicer to new learner like me, haha.

It is located in a small street off Garvey, you wouldn't notice unless you search (smart phone yeah!) A small brick wall building with a small chalkboard easel outside, which I assume the chef would introduce new and special dishes every once a while thru this easel. Loving it. Opening the door, a happy waitress friendly greets us. Restaurant is bright inside because large windows, clean and modern décor with small Burmese touch, and I see a long bench with cushions along wood planked wall, I didn't hesitate to ask to sit there to enjoy our meal.

We don't know much about Burmese food, big thanks to their pictorial menu with descriptions, me and parents have a better idea what we want to try. Menu is divided in starters, noodles, salad, curry, and drinks. As adventurous as we can, we pick one dish from each section, being excited.

First dish arrives, we are expecting starters, but it's Mohinga! - Rice noodles in catfish soup. It is the national dish in Myanmar. Every morning, people in Myanmar gathers at market, order a bowl of Mohinga as breakfast, then meeting friends and neighbors. Instead in US, we update each other's status at facebook. How sad. Back to the noodle soup, it is not usual Asian style you see. Soup is porridge-like thickness (and I found out it is made with chickpea flour and crushed rice, no wonder), not as strong as it looks, it has soft fish flavor instead. Rice noodles is a little bit on the soft side, I would suggest you to enjoy this bowl of noodles fast before it gets soggy. It comes with a piece of chickpea fritter, you can dip with your soup as finish.

Secondly dish they bring us is Tea Leaf Salad. Diced tomatoes, roasted peanuts, fried yellow lentils, fried garlic, roasted sesame, shredded cabbage, topped with Myanmar imported fermented tea leaves, beautifully arranged separately on plate. After feeding your eyes, you can toss the salad by your own. Fresh, crunchy, full of flavor, well mixed with the unique taste of tea leaves. I had tea leaf salad somewhere else before, and it was way too salty because of fermented tea leaves. This version in Daw Yee balanced very well.

While we are exploring the funky tea leaf salad, our waitress brings us Kima Platha, flaky pastry (Platha) filled with meat (you can choose chicken or beef) in-between layers, and then pan fried it. Crispy outside, warm and soft inside. Oh yeah, you can imagine how tasty it can be. Yummy!

Daw Yee doesn't want us to stop, Mutton Curry~~ My family love lamb, I do wish the meat would have stronger mutton taste. The curry is a little thin comparing with India and Thai style, maybe it's what Myanmar style is? But afterall, it's good and solid.

Chef Delyn Chow says, in here, he cooks with his mother's recipes. However, he tries to make the food a little milder in spices, hope that it is easier to accept by new foodies. I'd think he should remain faithful with his home taste instead. Authentic recipes are tested with time. Authentic is the key for a restaurant standing firm.

Dessert we order is simple Tapioca Cake, baked tapioca with coconut milk. Simple it is.

To serve local Burmese community, they also have a shelf of Burmese products. You may try some Myanmar cooking at home. We had a good Burmese food experience here, and happy to come again to try other items, especially they are good deal, just around \$6-\$7 per dish, and you are well filled with Burmese family flavor.

Daw Yee Myanmar Café, 111 N. Rural Dr., Monterey Park, CA 91755 (626) 573-8080, <http://dawyee.com/>



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Our Chinese teacher holds a California Teaching Credential in Mandarin with a M.A. in Education. She has been teaching Mandarin for more than 10 years in US.

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605 N. New Ave., #A, Monterey Park, CA 91755

## Featured Stories in Chinese and Spanish

### 在農夫市場的第一個週五

每月第一個週五 下午4點至晚上8點，親臨農夫市場購買新鮮水果和蔬菜

蒙特利公園市的農夫市場，將在11月的第一個週五，開始它的社區開業活動。在每個月的第一個星期五，來自當地商家，社區組織和非食品工匠的超級農夫和食品商家，將聚集在農夫市場。請記得在11月1日星期五和每月的第一個週五，親臨蒙特利公園市的農夫市場，看看有什麼新鮮產品。若您隸屬組織的一部分，並有興趣參加這個活動，請上網www.montereyparkFM.com，填寫好商家申請表。

#### 來猜一猜蔬菜比賽

測試您對水果和蔬菜方面的知識，從農夫市場裡贏取一籃新鮮的水果和蔬菜。請在11月7日前把正確答案電郵至montereyparkFM@gmail.com，我們將會從眾多參賽者裡抽出一位幸運得主。10月正確答案為甜餃南瓜，猜中正確答案的得獎者是Angie Chen。這個月祝大家幸運！這是什麼蔬菜？提示：當我們的天氣溫度變得更涼快的時候，樹上的農產品變少了，而更多的農產品是來自地下。

#### 農夫市場每月提示

作為常用提示，不要把水果和蔬菜存放在一起。釋放高量乙烯(成熟劑)的水果，可能過早地成熟並損壞週遭的蔬菜。(想想“一個壞蘋果”的格言。)若需更多好提示，請在臉書上關注我們(montereyparkFM)。

無論是雨天還是晴天，農夫市場照樣在每月第一個週五下午4點至晚上8點，在市政廳附近開放營業，地址：318 S. Ramona Ave.



### 蒙特利公園市健康保健活動

美國洛杉磯加州大學的亞太健康保健團體(Asian Pacific Health Corps)，將在蒙特利公園市舉行第六屆健康保健活動...

2013年11月16日，星期六  
蒙特利公園市市政廳  
320 W. Newmark Ave., Monterey Park, CA 91754  
早上9點至下午1點

蒙特利公園市健康保健活動，將有來自亞太健康保健團體(簡稱APHC)的學生志願者，為大家提供心血管疾病的免費預防檢查，包括血壓和身高體重測量。除了這些志願者為您提供服務外，APHC還邀請了其它服務機構，如亞太肝臟中心(Asian Pacific Liver Center)，眼睛保健的Bruins in Focus，以及西部大學健康科學系，為大家提供B型肝炎，視力，葡萄糖，膽固醇，高血壓和整形外科檢查。此外，各類型的社區組織將會到達會場，為大家提供有關健康和社區保健問題的寶貴信息和資源。醫師和醫療保健專家們，也將會在現場為大家提供直接的諮詢建議和/或推介。同時，本次活動也將提供各種各樣的藝術和手工藝攤位，讓小朋友們參與。

蒙特利公園市健康保健活動(簡稱MPHF)，是一個完全免費開放給大眾的活動。不需要提供保險或相關文件證明。

若需更多相關詳情，請瀏覽亞太健康保健團體(Asian Pacific Health Corps)網站www.studentgroups.ucla.edu/aphc/，或與John Tsiang聯繫，電話：650-773-0916，郵箱jth.tsiang@gmail.com。

### 預防犯罪， 加入鄰里守望相助計劃

蒙特利公園市的居民常常問警察局，什麼是最有效的減少罪案發生和/或表達鄰里關注的方法。居民們都聽說過有關鄰里，家人，或朋友被欺騙的故事，也對此深感不安。如果您打開電視新聞，犯罪新聞總是接二連三地出現。當犯罪行為看似超出掌控範圍的時候，根據統計數據表示，我們現在的犯罪率與二十世紀60年代的蒙特利公園市犯罪率相似，接近二十世紀90年代的犯罪率的一半。然而，因為早前加州的公共安全重新組合計劃而陸續被提早釋放出來的重犯，非法進屋搶劫的組織團伙，以及其它因素，導致今年的犯罪率有所上升。

對居民，他們的鄰里以及我們社區來說，警察局的鄰里守望相助計劃，就是減少罪案發生和讓罪犯感到害怕的最佳方法。鄰里守望相助計劃衝破了讓罪案滋生和增長的阻隔。鄰里守望相助計劃在居民週遭建造了束縛，協助減少搶劫和盜竊案的發生，並改善了警察和社區之間的服務關係。透過鄰里守望相助計劃，社區和警察成為預防犯罪和解決鄰里問題的積極合作夥伴。

鄰里守望相助計劃參與者的責任範圍很小。在鄰里覺得方便的地方(通常在某鄰居家裡)，或者您或您的鄰居覺得方便的任何地方，每月召開一次會議。每次會議涵蓋一個預防犯罪的主題。計劃有8個核心主題以及其它涵蓋表達特別關注的題目。主題包括：居家安全，車輛安全，幫會/塗鴉，盜竊和搶劫。在所有核心項目主題都完成好以後，鼓勵團體繼續進行週期性的見面，更新罪案內容，商討鄰里關注的問題，以及其它預防犯罪和應急準備措施信息。

從鄰里守望相助計劃中將會得到許多好處。居民們可以更有效地得知有關預防犯罪的技巧和目前市內罪案消息。鄰里之間有了相識的機會並分享他們之間所關注的問題。鄰里守望相助計劃是一個主動有效預防犯罪行為的方法。

作為我們的有效執法夥伴，蒙特利公園市警察局時刻觀察著社區。事實證明，鄰里守望相助計劃是讓合作夥伴團結起來的有效方法。

若需獲得更多信息或想在您所居住的地方開始鄰里守望相助計劃，請致電(626)307-1215，與蒙特利公園市警察局的社區關係部門聯繫。

### Primeros Viernes en el Mercado de Granjeros (“Farmers’ Market”)

Visite el Farmers’ Market para obtener frutas y verduras frescas y otras cosas, todos los viernes de 4:00 a 8:00 pm.

Este Noviembre el Farmer’s Market de Monterey Park empezará una iniciativa de compromiso con la comunidad en los primeros viernes. En los primeros viernes de cada mes los negocios locales, organizaciones comunitarias y artesanos se unirán a los granjeros y vendedores de comidas del mercado. Asegúrese de visitar el mercado el viernes, 1ro de Noviembre y todos los primeros viernes para enterarse de lo que está sucediendo en la comunidad de Monterey Park. Si usted es parte de alguna organización y está interesado en participar, por favor llene una solicitud para vendedor en la siguiente dirección www.montereyparkFM.com.

#### Concurso Adivine ésa Verdura

Ponga a prueba su conocimiento de frutas y verduras y gane una canasta de frutas y verduras frescas del mercado. Envíenos un e-mail con la respuesta correcta al montereyparkFM@gmail.com antes del 7 de Noviembre y escogeremos a un afortunado ganador entre las personas que respondan. La ganadora de Octubre fué Angie Chen, quién adivinó correctamente la calabaza “Sweet Dumpling Squash”. ¡Buena suerte éste mes! ¿Qué verdura es ésta? Sugerencia: a medida que nos acercamos a las temperaturas mas frías, hay menos productos de los árboles y más de la tierra.

#### Consejo del Mes del Farmers’ Market

Como un consejo en general, no guarde frutas y verduras juntas. Las frutas que emanan altos niveles de etileno (la substancia que hace madurar) puede hacer madurar prematuramente y malograr las verduras que esten alrededor. (Acuerdese del dicho “una manzana podrida...”). Para más consejos, síganos en Facebook (montereyparkFM).

El Farmers’ Market de Monterey Park está abierto llueva o truene todos los viernes junto a la Municipalidad, en el 318 S. Ramona Ave. de 4 a 8 pm.

### Feria de la Salud de Monterey Park

El Asian Pacific Health Corps de la Universidad de California, Los Angeles presentará la Sexta Feria Anual de la Salud de Monterey Park...

Sábado, 16 de Noviembre del 2013  
Municipalidad de Monterey Park  
320 W. Newmark Ave., Monterey Park, CA 91754  
9:00 a.m. a 1:00 p.m.

La Feria de la Salud de Monterey Park tendrá a estudiantes voluntarios del Asian Pacific Health Corps (APHC) ofreciendo exámenes preventivos gratis para enfermedades

Cardiovasculares, incluyendo presión de la sangre y del índice del volumen del cuerpo. Además de éstos voluntarios, APHC también invitará a otros proveedores de servicios tales como el Asian Pacific Liver Center, el Bruins in Focus y la Western University of Health Sciences para ofrecer exámenes de hepatitis B, visión, glucosa, colesterol, hipertensión y ortopédicos. Además, varias organizaciones comunitarias estarán presente proporcionando valiosa información y recursos concerniente a temas sobre la salud y la comunidad. Médicos y profesionales de la salud también estarán presentes para proporcionar consultas directas y/o referencias. También tendremos un área para niños con una variedad de actividades de artes y habilidades.

La Feria de la Salud de Monterey Park (MPHF) es completamente gratis y está abierta para todos. No se necesita prueba de aseguranza o de algún otro documento.

Para más información, por favor visite la red del Asian Pacific Health Corps en el www.studentgroups.ucla.edu/aphc/ o póngase en contacto con John Tsiang llamando al 650-773-0916 o escribiendo al jth.tsiang@gmail.com.

### Prevenga el Crimen, Unase a la Vigilancia del Vecindario (Neighborhood Watch)

Los residentes de Monterey Park le preguntan frecuentemente al Departamento de Policía cuál es la mejor manera de reducir el crimen y/o de tratar los problemas del vecindario. Los residentes se enteran de historias de vecinos, familiares, o amigos que estan siendo victimas y los hace sentir intranquilos. Si usted pone las noticias en la televisión, hay una tras otra historias de crímenes. Mientras que parece que el crimen está fuera de control, las estadísticas revelan que el porcentaje de crimen es similar al que Monterey Park tenía en los años sesentas y casi la mitad de lo que era en los noventas. Sin embargo, con los robos que son cometidos por grupos organizados, la continua liberación de criminales debido al programa de Reagrupación de la Seguridad Pública del Estado de California (Public Safety Realignment program), y otros factores, el crimen ha aumentado éste año.

La mejor manera de que los residentes tomen un papel activo en reducir el crimen y el miedo al crimen en su vecindario y en nuestra comunidad es a través del programa Neighborhood Watch, del Departamento de Policía. Neighborhood Watch rompe el aislamiento que el crimen crea y aviva. Neighborhood Watch forja vínculos entre los residentes del área, ayuda a reducir robos y atracos, y mejora las relaciones entre la policía y las comunidades que ellos sirven. A través de Neighborhood Watch, la comunidad y la policía se vuelven socios activos en la prevención del crimen y en resolver problemas del vecindario.

Las responsabilidades de los participantes del Neighborhood Watch son mínimas. Las reuniones son una vez al mes, o lo que sea conveniente para usted y sus vecinos, en un lugar que sea conveniente para el vecindario (a menudo, en la casa de alguien). Un tema sobre la prevención del crimen es tratado en cada reunión. El programa tiene 8 temas principales y otros temas pueden ser tratados para cubrir problemas específicos. Los temas incluyen: Seguridad del Hogar, Seguridad de Vehículos, Pandillas/Graffiti, Atracos y Robos. Una vez que todos los principales temas son tratados, los grupos son alentados a continuar reuniéndose periódicamente para ponerse al día con el crimen, discutir problemas del vecindario, y otra información sobre prevención del crimen y preparación para emergencias.

Los beneficios del Neighborhood Watch son numerosos. Los residentes estan mejor informados sobre técnicas para la prevención del crimen y de los crímenes de actualidad en la ciudad. Los vecinos tienen la oportunidad de conocerse el uno con el otro y de compartir preocupaciones que puedan tener. Neighborhood Watch es un acercamiento proactivo para la prevención del crimen.

El Departamento de Policía de Monterey Park considera a la comunidad como nuestra socia en la efectiva ejecución de la ley. Está comprobado que el programa de Neighborhood Watch es una manera efectiva de solidificar ésa sociedad.

Para más información o para empezar el programa de Neighborhood Watch en su área, por favor póngase en contacto con el Community Relations Bureau del Departamento de Policía de Monterey Park llamando al (626) 307-1215.



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## PAST CLIENT TESTIMONIALS

"I was impressed with John Man's high level of experience in the field, his work ethics, professionalism, and commitment in doing a job well done. He is an expert in the field who knows the area and clientele very well. He went out of his way to do everything possible to sell our house. He did an excellent job and I would highly recommend him for your real estate needs." - Sonia R.

"John, Jonathan, Morgan, and Stephanie are very professional. Special shout out to Jonathan Hua, who was very attentive during escrow. The quick sale of our house is attributed to John and his team. We are very pleased with the service we received. It was also very convenient to be able to talk to John or Jonathan via text or email and to sign documents electronically." - Donna L.

"As a first time buyer, I was in search of the perfect home. I had a laundry list of 'must haves'. John Man was patient throughout the entire process. He took ownership and showed that he cared, was responsive, and met my commitments. John was proactive rather than reactive to all of the little issues associated with a first-time buyer, which made it seamless. John went above and beyond the call of duty as our agent. He was able to negotiate beyond what we had expected to pay! Our best interest was definitely in accordance with his best interest. His entire office staff was also extremely friendly and caring. Stephanie and Jonathon assisted with plenty of support through every step of the way. If you're looking to buy or sell your home, call John!" - Andy Y.

"If you're looking to sell, and sell quickly at the right price, ManRealty.com is the firm to use. We were pleased from our first meeting with John. We were really impressed with his plan for getting the house sold especially because we were out of town. But what really impressed us was that he got it done. The house was sold in less than a month at above the listing price. John and his team were great to work with. Everyone had a strong knowledge of the area and knew what needed to be done to sell the house. We highly recommend John Man Group." - Michael H.

"I was a FSBO, when I met John he gave me some of the best advice ... I listed with John because his track record impressed me with 100% sold and 60% of the time he has sold over asking. He sold my property in 7 days and \$32,000 over asking. Mr. John Man is well known in the Monterey Park area. I didn't know he was the founder of his company and also a member of the board of directors for the chamber of commerce until after he sold my house. Extremely humble and grateful for all his help." - Karl Y.

One of the best listing office in the San Gabriel Valley area, sold my listing in 3 days over asking. Took care of all minor repairs and all the paper work while I'm on my honey moon in S. Africa." - Mark W.

"John is top in his class. He laid out a plan, great strategy, and he executed against it flawlessly. He marketed the property and got top dollar. he explained in great detail the specific of his marketing plan, who he would market to, how he would market to them. He had a great deal of research on the marketplace, comps and expertise on the kind of buyer bus suited to buy the home I was selling. In addition, he spent a great mount of time reviewing offers with me and provided guidance on what offers to seriously look at." - Rhonda W.

"We picked John based on his reputation and local knowledge. John provided great advice for upgrades to an older home. After an initial offer fell through, John found another buyer within days for much more than the previous offer and over the listing price. This clearly demonstrated his knowledge of the market and determination to work with us to sell the house. We would recommend John and would use him again." - Chris F.

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