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ON THE HOUSING FRONT...

Affordable Housing Services, Resources Outline Path Leading to Homeownership

The road to homeownership can be challenging, especially for non-English speakers and those on limited incomes. At the City, we are committed to enhancing opportunities for all residents and workers through a variety of programs and services, including downpayment assistance, credit and debt counseling, financing opportunities and one-on-one assistance.

Understanding that knowledge is key to homeownership, the City is offering educational workshops describing techniques, resources and available programs in both English and Spanish. We have secured more grant programs to support low- and moderate-income households (see article on Page 2 for more details). And we have expanded our printed and online material selections, in both English and Spanish.

Fortunately, we aren't alone in this effort. We have teamed up with dedicated community groups such as the Monterey County Housing Alliance (MoCHA) so that additional resources and expertise are available, and more staff is on hand to answer questions and guide community members through the housing process. For example, area agencies, lenders and other business owners met with interested homebuyers at the Housing Expo earlier this year to talk about programs and services offered around the county.

We also plan to provide training to area agencies, who receive funding from the City, to support outreach efforts specifically to low-income and non-English speaking households. So look for more workshops, community fairs and programs to come online.

For more details, call the Monterey County Housing Alliance (MoCHA) at 757.4657 or the City's Housing Office at 646.3995.

Hablamos español. La información está también disponible en español en línea en www.monterey.org/housing o llama para un folleto.

Resources Here for Downpayments

Securing a downpayment can be the biggest obstacle in the quest for homeownership. Now, thanks to a new funding source, there's additional downpayment support for income eligible Monterey community residents.

Simple-interest loans will be available to eligible first-time homebuyers under the State's HOME Investment Partnerships Program. Individuals who work or live in the City will be able to apply for financial assistance toward a downpayment on an affordable housing unit.

Another \$100,000, as part of the American Dream Downpayment Initiative, is also available for 2% simpleinterest loans toward closing costs and downpayment costs. The maximum loan for this program is \$10,000, which will benefit a number of households.

Anyone interested in either program must attend homeownership counseling sessions in order to receive support.

For more info on these and other opportunities, call 646.3995 or visit us online at www.monterey.org/housing

Discover Steps to Homeownership thru Workshops Airing on City TV

Connecting people with resources and services leads to homeownership. To help community members learn more about the process and what's available in the community, the City will air a series of educational workshops on City TV cable Ch. 25 this spring.

The programs cover tips and techniques for moving ahead. Learn more about downpayment assistance, city and community programs and upcoming housing development opportunities.

Or find info on credit/debt counseling, fair housing and financing options.

The sessions were originally presented at the Housing Expo held earlier this year, so if you missed out, tune in for details. Programs are scheduled to start airing in spring 2006, so look for info posted online and through reports in the local media.

Hands-on, in-person workshops are also ongoing. For details, call the Monterey County Housing Alliance (MoCHA) 757.4657 or the City's Housing Office at 646.3995.

Hablamos español.



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Disaster Survival 101 Set for May 7 - Mark it Down

Get prepared – learn what you need to do to survive the next disaster.

Attend “Disaster Survival 101” on Sun., May 7, at Del Monte Center. Learn survival tips and practices and find out more about your responsibilities as a community member.

Public safety teams and other City staff members, along with local relief agencies such as the Red Cross and SPCA, will be on hand to discuss the necessary steps for getting prepared. Discover how to establish a family safety plan; create a disaster kit; find available resources in your neighborhood; and survive on your own for at least 72 hours without assistance.

Activities for the entire family are scheduled. This fun-filled, interactive event will feature public safety equipment demonstrations, exhibit booths and prize drawings.

Stay tuned for updates in the local media or visit www.monterey.org To participate at the fair, call 646.3900 or visit the Web for more contact info.



Defining Vision for Coastal Property Not Clear Cut

The future of the City-owned waterfront parcel, currently home to private businesses Adventures by the Sea and Monterey Bay Kayaks, continues to be the subject of much discussion and review.

Since purchasing the East Catellus site along Del Monte Avenue, the City has worked to develop an appropriate plan to ensure public beach access, preserve open space and meet needs while improving the property's visual appearance.

Earlier this year, the City Council indicated strong support for keeping the two private businesses along the beachfront while improving views to the bay. In the next several months, staff will explore opportunities to expand the Sea Scout Building, by a small amount, in order to accommodate both businesses and remove the Monterey Bay Kayak building from its prominent location next to Monterey Bay Waterfront Park.

Stay tuned for updates on this process posted online at www.monterey.org and reviewed through the local media.

ON THE BEAT...

Focus on Alcohol-Related Crimes

Concerted efforts to reduce alcohol-related problems in our community are helping make Monterey an even safer place.

Methods used to prevent and control such crimes include education, undercover operations and roadway checkpoints. For example, police operated three driving under the influence (DUI) and driver license checkpoints last year alone. On average, 2,400 vehicles passed through the checkpoints and some 600 drivers were randomly selected. The checkpoints netted several DUI arrests and many citations for driving with a suspended license or no license at all. A grant from the State supported these efforts.

Also, this last winter, we worked with the State's Alcohol Beverage Control (ABC) Dept. to visit local businesses permitted to sell alcohol and make sure they are following proper proof-of-age procedures. An underage agent visited stores and nightclubs attempting to buy alcohol. Out of the 22 places visited, 11 businesses sold alcohol to the minor. Criminal citations were issued to the individuals who sold the alcohol, and ABC will assess penalties against the businesses.

Since many calls for police service are related to alcohol use, techniques to deter drunk driving, the sale of alcohol to minors and underage drinking are important components of our public safety program.

Merchants interested in receiving training on employee responsibilities and identification of fake ID cards should contact Public Education Officer Eric Stidham at 646.3819 or send an email to stidham@ci.monterey.ca.us

Rules Keep Front Yard Paving Consistent

Paving your front yard? Fifty percent (50%) coverage is the limit.

In order to preserve residential character in our single-family neighborhoods, our zoning ordinance states that residents cannot pave more than 50% of their front yard. At the behest of several neighborhood associations, this ordinance was adopted in early 2004 and also ensures that driveways are not expanded by more than 10 feet in width. As a result, there's space for planters and landscaped areas.

Before you consider paving or cementing that yard, check with the Planning Division at 646.3885 (www.monterey.org/commdevelop). It is easier to design a project to conform to standard (example pictured) than remove excessive pavement after it has been installed.



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City Focus

CITY OF MONTEREY

Community Services

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In the News

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Aluminum Fireboat Enhances Waterfront Safety in City

A brand-new, 34-foot aluminum fireboat is the latest addition to our public safety arsenal.

Designed to enhance protection for Monterey's two wharves, waterfront businesses and the nearly 600 boats in the harbor, the fireboat offers an added level of protection for the entire community.

Monterey Marina slip holder Tom Callaham agrees, "Having seen firsthand the ravages of a waterfront fire back East, it is essential that we are able to combat a marina fire from the waterside."

Fire personnel have been training on the new equipment, which has an enclosed cabin and a combined pump and engine that will shoot larger amounts of water than the department's previous boat, a 13-foot prototype inflatable.

Funding for the boat was provided thru a grant from the U.S. Fire Administration and donations from the Dunspaugh Dalton Foundation. The U.S. Navy and Coast Guard support training efforts and have provided our berth since 1945.



Interesting boat facts:

- > length – 34 feet 7 inches
- > outboards – 2x225 horsepower, 4-stroke
- > top speed – 38 knots
- > capacity – 10 people
- > electronics – radar, GPS, depth, chart plotter, EPIRB
- > gallons per minute – 1506 at 165 psi pump pressure

View the fireboat while enjoying waterfront walks along the Coast Guard Pier during open hours. And stay tuned for a boat naming contest.

If you would like more info, contact Fire Captain Barry Perkins at 646.3900 or visit the City online at www.monterey.org/fire

Budget Preparations in Full Swing

Be part of the process as we prepare for the upcoming budget year. Our community has faced three continuous years of budget reductions in an effort to eliminate a structural imbalance. Fortunately these efforts have been largely successful. Major revenues have almost returned to levels seen five years ago and the State, at least for the time being, has not threatened to raid City money to help balance their budget.

That said, the City's Reserve for economic uncertainty is currently \$2.2 million short of the 15% General Fund operating budget target. In addition, spending on City infrastructure (streets,

sewers, storm drains, etc.) is far below what it should be. So we still have tough decisions ahead! Your suggestions are vital to establishing the City's financial plan and shaping your community's future.

This spring we are weighing all factors to determine appropriate income and expense levels in order to develop a balanced plan that meets overall needs.

How can you participate?

- 1) Attend the public meetings and/or hearings during the budget process (see budget meeting calendar below).
- 2) Send your ideas by phone 646.3799, fax 646.3793 or email suggest@ci.monterey.ca.us
- 3) Stay tuned to local media for opportunities to participate in meetings and work sessions.

For more details, call the City's Finance Department at 646.3940 or visit www.monterey.org/budget

Budget News to note:

> June 6, 4 p.m., City Council reviews operating, NIP and CIP projects (Council Chamber)

> June 20, 7 p.m., City Council Public Hearing on operating and capital budgets (Council Chamber)

Dates are subject to change. Check our Web site for current meeting dates and times or call 646.3935.

Military Collaborations Good for Community

More than \$9 million is being invested in military facilities in the Monterey Peninsula area in order to expand language-learning capabilities here and meet national demands.

The U.S. Army has contracted with the City to design and remodel more than 15 existing structures at the the Defense Language Institute Foreign Language Center & Presidio of Monterey (DLIFLC & POM) and Ord Military Community. Within the next six months, some 110 additional classrooms and offices will be created to accommodate 1400 more people, including students, faculty and support staff.

This community partnership brings additional monies to the City for programs and services and also provides growth opportunities for staff.

Breathing New Life into Closed Schools

The classrooms at the Monte Vista and Larkin school buildings are once again teaming with activity thanks to the military.

DLIFLC & POM moved into the reconstructed buildings in late 2005 after spending more than \$1.5 million to remodel and upgrade them with state-of-the-moment technology, accessibility ramps and facilities and newly configured offices.

The military plans to rent the school sites from the Monterey Peninsula Unified School District for up to five years.

Larkin Park (pictured), at Monroe and Clay streets adjacent to the Larkin school site, remains open to the public. The upper playfield at the Monte Vista School site is also available for community use.

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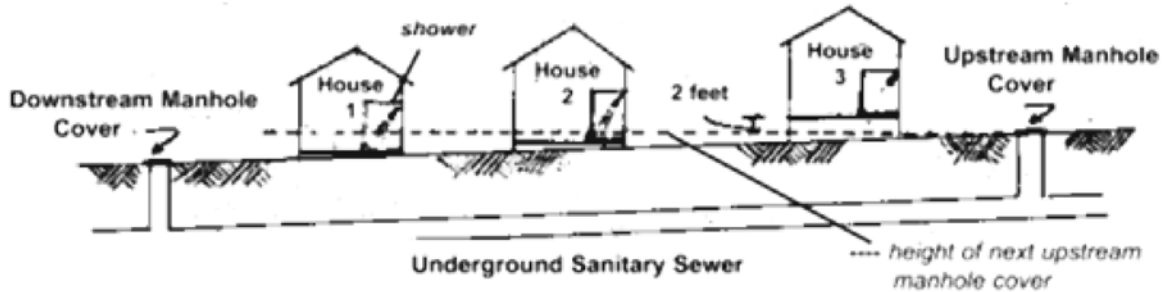
Ounce of Preparation Keeps Sewage at Bay, in its Place

Sewage ... you don't want to think about it, let alone see it. That's why community members

need to be prepared for sewer backups.

Are you prepared?

In order to safeguard your home, the City requires all property owners who meet certain criteria to install two devices: a sewer relief vent and a sewer backwater valve. These devices are required on your property if the lowest plumbing fixture is not at least two feet above the nearest upstream manhole. (see diagram)



Our inspectors have identified the properties that need these devices and notified owners by mail of their responsibilities. Soon you can check your property status by entering our GIS portal at www.monterey.org/cityhall.html

Property owners are responsible for damages when backups occur. Most standard homeowner insurance policies do not provide coverage for damage due to sewer backups, however most insurers will add such coverage for an additional premium.

How does your City prepare?

We regularly inspect the entire sewer main system, including manholes and pump stations. All mains are cleared on a routine schedule, and prevention is a priority. However blockages can occur, causing sewage to back up into a lateral line attached to a private building. That's why we require sewer relief vents and sewer backwater valves on vulnerable properties and work to educate community members on how to prepare.

For more info, visit the City's Web site or send an email to building@ci.monterey.ca.us

Reach Out, Volunteer to Serve

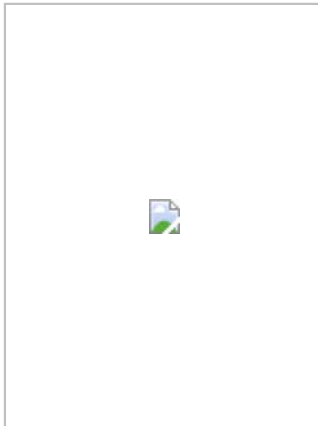
- **Office Support** – From helping with filing in the Law Library to scanning documents and inputting data, office assistance is always welcome!
- **Gardening Assistance** – The V.I.P Gardeners help maintain and beautify City parks and gardens. Assist with planting, pruning, watering, plant feeding and general landscape maintenance.
- **Special Event Help** – Focus on making a difference in the lives of others, as an individual or as part of a group, by participating in Dare to Care Day April 28. Visit www.communityofcaringmp.org for ways to stand up and be counted.
- **Library Outreach Services** – Take the Monterey Public Library to homebound residents. Outreach volunteers reach out by selecting and delivering materials on an agreed-upon schedule. See article below for more details.
- **Library Bookstacks Volunteer** – Keep the Library straight. Monitor the appearance of the bookstacks and maintain order by aligning shelves and making sure books and other materials are in place.



- **Volunteer Summer Program** – Teens 13 to 16 gain work experience by volunteering. Application deadline is May 9 (www.monterey.org/volunteer).
- **Upcoming Trainings** – Look for opportunities for history volunteers in April and Community Emergency Response Team (CERT) members in May.

For more info, call Volunteer Services at 646.3719 or visit www.monterey.org/volunteer

Volunteer Passes on Importance of Conservation



Conservation volunteer Bill Doering leads by example.

As a science teacher at Santa Catalina School in Monterey, Doering teaches his students to care for the environment through community service.

Doering and his students collect, measure, monitor and eradicate invasive kelp in the Monterey Marina, and along the way, assist the City, Monterey Bay National Marine Sanctuary and California Dept. of Fish and Game in managing and protecting our corner of the bay. The support is invaluable, and Doering's commitment to providing a learning experience through community service provides a lasting impact on a new generation.

For info on volunteer opportunities, see previous article or call Volunteer Services at

646.3719 or visit www.monterey.org/volunteer

Old Town Plan Aims to Retain Area's Character

The area plan for Old Town, which establishes guidelines for the neighborhood and shapes future growth, was adopted by the City this last year.

Community members worked closely with staff to identify design and land use elements as well as historic preservation and circulation issues that ultimately affect the look and feel of the area.

The area plan calls for an historic survey (or broad-brush review) of Lower Old Town, which includes properties between Van Buren Street, Clay Street, the Presidio of Monterey and Monterey High School. This survey does not designate a property as "historic" but indicates where additional research should be completed before building alteration or demolition takes place.

The Lower Old Town historic survey is scheduled to be considered by the Historic Preservation Commission and the City Council this spring.

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[Park Cleanup Helps Neighborhood Shine](#)

Negotiations Keep Grocery Services Downtown

Grocery services will remain in downtown Monterey, and a facelift is scheduled for the City-owned property at 570 Munras Avenue.

In February, the City Council authorized a lease to developer Foothill Partners to remodel the existing building, home to a Safeway store for many years, and bring in a Trader Joe's grocery store and adjoining retail space. The developer will work to attract businesses to the site which will complement the grocery services.



The City is also looking to secure a short-term lease arrangement with Safeway, Inc., to maintain services on site while Foothill Partners works on the rehabilitation process. This will minimize the time that grocery services are limited.

Over the last several years, the City sought to attract appropriate development projects to the downtown gateway property in order to maintain grocery services in the neighborhood.

City Welcomes Fire Chief

Fire Chief Sam L. Mazza is now leading the public safety efforts at the Monterey Fire Dept. Mazza brings more than 32 years of experience having previously worked as the unit chief for the California Dept. of Forestry and Fire Protection (CDF) in Monterey and San Benito counties. His regional knowledge and leadership capabilities will ensure that we move forward strategically.

City Teams Up with Residents to Resolve Concerns

Keeping neighborhoods safe and beautiful – that's what neighborhood revitalization is all about.

In a focused effort, the City is working with community members in Oak Grove, Villa Del Monte, Casanova-Oak Knoll and Del Monte Grove-Laguna Grande neighborhoods to identify issues and concerns and problem solve collaboratively with the property owners.

This year, the City is holding a series of community meetings, in partnership with neighborhood associations, to identify opportunities and strategies for improvements and upgrades. The goal is to resolve neighborhood complaints through concentrated code enforcement, housing rehabilitation grants and loans and specific services for targeted populations.

Meeting schedules are posted at www.monterey.org and mailed to area residents. Visit the

Web or call 646.3885 for more details.

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New Buildings Improve Service, Conditions

Our public safety teams now have workable office space, in the form of two portable buildings set up behind Fire Station No. 1 on Pacific Street. These offices will enhance customer service levels while upgrading working situations for some City staff. Our fire administration staff and police detectives once operated out of crowded rooms housed in old, dilapidated bungalows.

The modular buildings were specifically built to accommodate our public safety needs and were designed to be harmonious with the City Hall complex.



FOCUS ON TREES...

Pay Attention to Plants During Construction

Protecting trees during excavation and construction preserves valuable resources and allows plant life to withstand changes to their environment.

Mature trees, especially our local native species of coast live oak, Monterey pine and Monterey cypress have a low tolerance for root injury and soil disturbance. The damage is not always obvious, as many trees decline in health and vigor years after construction projects.

The City tree preservation ordinance provides guidelines and requirements for protecting trees and shrubs during demolition, excavation and construction. Requirements include fencing the tree to buffer the root zone from chemical damage due to concrete and paint while protecting from disturbance and compaction from equipment and material storage.

Whenever possible, trenching must be kept away from the base of trees as root damage and subsequent decay is a primary cause of tree instability, disease and death. If root pruning is unavoidable, cuts must be made cleanly with a saw, keeping root bark intact and the wound free of ragged edges. Hand digging to expose buttress (large anchor) roots near the trunk can prevent damage by backhoes and other equipment.

To learn more about protecting trees, log on to www.monterey.org/publicworks/trees or call the City's Urban Forestry Division at 646.3860.

Park Cleanup Helps Neighborhood Shine

Laguna Grande Park sparkles, thanks to a dedicated community effort to collect and remove assorted trash and garbage from the area.

Community members worked alongside City staff to comb the park for unwanted items, and in the end, hauled away more than three large truckloads of waste. Recyclable materials were sorted into bins provided by Monterey City Disposal Service.

To learn how to get involved or lead efforts in your area, contact Volunteer Services at 646.3719 (www.monterey.org/volunteer) or check with Public Education Officer Eric Stidham at 646.3819.

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Arts & Culture

For History Buffs Only...

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[Tell-a-Celebration Highlights 20 Years of Stories](#)
[Teen Week Every Week at the Library](#) | [Surfs Up with Wireless Internet](#)

Take a Trip to Your Local Museum Today

When we think about learning, we think about museums.

Americans believe museums are one of the most important resources for educating children and one of the most trustworthy sources of objective information, according to surveys conducted by the American Association of Museums (AAM).



More interesting facts from AAM:

Museums spend more than \$1 billion to provide some 18 million instructional hours for educational programs. There are 2.3 million museum visits per day (not all in Monterey), adding up to 865 million visits per year.

COLTON HALL in 1880

So take the time to visit your local museums today and find a wealth of info. Watch for special activities offered by local museums during May, National Museum Month, and plan a visit to that museum you've been intending to see.

Visit Colton Hall, on Pacific Street between Jefferson and Madison streets, daily from 10 a.m. to 4 p.m. where exhibits highlight the 1849 Constitutional Convention. The Old Monterey Jail, open during the same hours, is located behind Colton Hall. Both are open free to the public.

Or experience the Lower Presidio Historic Park, which is open to the public off Corporal Ewing Road. Tour outdoor monuments to the region's early history and make sure to stop at the Presidio of Monterey Museum (open Thursday through Monday), featuring military heritage displays.

Visit www.monterey.org/museum for more details or call 646.5648.

Fisherman now stands near Fisherman's Wharf as a lasting reminder of the unique contributions and culture that formed our community.

The statue by Jesse Corsut honors those who made a living from the sea and their families. The piece was dedicated in November 2005.

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Arts & Culture



Tell-a-Celebration Highlights 20 Years of Stories

Stories for Adults turns 20 this year, and to mark the occasion, the Monterey Public Library is bringing back some of America's best-loved storytellers. Look for upcoming events with storyteller, author, songwriter and commentator Bill Harley and true-life teller Donald Davis.

The series will conclude on June 17 with the "Tell-a-Celebration," a full day of storytelling workshops and performances, including a family story hour, under a "big top" in the Library's parking lot.

Celebrating stories is just one way the City promotes an appreciation for language, literature and preserving community memories. The Tell-a-Celebration will be presented through a grant from the Community Foundation for Monterey County, with additional funding from the Monterey Public Library Trust, the Friends of the Monterey Public Library and individual donors.

For more event details or to contribute, call 646.3949 or visit www.monterey.org/library



AT THE LIBRARY...

Teen Week Every Week at the Library

Teens just wanna have fun at the Monterey Public Library.

- *Xtreme Readers*, a book group for middle schoolers, meets at 4 p.m. the second Tuesday of each month.
- Teens hone their writing skills under the tutelage of group leader and high school senior Sophie Chen the second Thursday of each month. The program is for serious writers, grades 8-12, who want to practice their writing with guidance, encouragement and feedback from a peer leader.

Get connected by visiting www.monterey.org/library or call Librarian Debbie Reagan at 646.5660.

Surfs Up with Wireless Internet

Get wired – it's fast and free. High speed, wireless Internet is accessible at your Library. Bring your laptop, with wireless capabilities, and log on today.

To learn more, go online and review www.monterey.org/library/wireless.html or contact the Library Reference Desk at 646.3933.

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City of Monterey



Odds and Ends

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New City Sign for Mississippi Partner



City staff has lent our sign-making expertise to support Bay St. Louis, MS, on its long road to recovery. Simple tasks, such as creating a new city entry sign, are difficult to accomplish for the communities left devastated by Hurricane Katrina last fall. Through Monterey's partnership, however, challenges are being overcome.

Monterey has donated the materials and time to build the sign, and employees are crafting it based on a template from Bay St. Louis city officials. The new entry sign will be shipped off soon.

For more info on our partnership with Bay St. Louis and Waveland, visit www.monterey.org/mspartners

Parking Strategies Balance Varied Needs

Need parking? Most businesses, residents, institutions and visitors do. The City manages parking in order to maximize availability and space and improve traffic flow for a diverse customer base.

We offer a mixture of parking options including free time-limit parking, metered parking, off-street parking lots, garages, permit parking and special resident programs. We count on the support and cooperation of all community members as we work to enhance pedestrian safety, smooth traffic flow and ensure that public transit and emergency vehicles reach their destinations.

Visit www.monterey.org/parking for more details.



Monterey City Resident
2-Hour Free Parking Program
First 2 hours free with decal permit in the following lots:
<ul style="list-style-type: none"> • Cannery Row Garage • West Custom House Garage • Cannery Row Lot #7

- Waterfront Attendant Lot

Written proof of residency required (utility bill, rental agreement) and current DMV vehicle registration. Active Military may obtain decal with military ID. \$10 administrative charge per year.

For more information, call the Parking Division at 646.3953 or visit www.monterey.org/parking

City TV

Missed the LIVE City Council meeting on cable Ch. 25?

You have options: catch rebroadcasts (see times below); check out a VHS tape copy at the Monterey Public Library; or watch it at www.monterey.org/tv thru video on demand.

City Council Meetings:

LIVE first and third

Tues., 4 and 7 p.m.

Re-cablecast

Tues./Thurs., 4 and 7 p.m.

Sat. 10 a.m.; Sun. 2 p.m.

**cable
Ch. 25**

Monterey up to date – Daily 9:30 a.m. and 6:30 p.m.; Mon/Wed at 10:30 p.m.

Eye on Monterey – Daily 9 a.m. and 6 p.m.; Mon/Wed at 10 p.m.

CITY TV

Monterey County District Perspectives with Supervisor Dave Potter
Mon/Wed/Fri 10:30 a.m.

Monterey County programming:

cable Ch. 28

For more info, visit www.monterey.org/tv

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Community Tips

[Reduce, Reuse, Recycle - About Batteries & Fluorescent Bulbs](#) |
[Yard Waste](#) | [About your Health - Shape Up Today](#)
[Recreate - For Leisure, Learning...for Life](#)

REDUCE, REUSE, RECYCLE...

Batteries, Fluorescent Bulbs Banned from Trash Cans, Landfills

It's the law in California now – the gamut of household batteries along with fluorescent bulbs and items containing mercury are now deemed hazardous waste and must be disposed of properly. Keep them all out of the trash and the landfill, including fluorescent bulbs and AAA, AA, C, D, button cell, 9 volt and other batteries, both rechargeable and single use.

These household items contain low levels of hazardous metals such as lead, mercury, cadmium and chromium, which can contaminate soil and water. Collect your old batteries, bulbs and other household hazardous waste products and take them to the Monterey Regional Waste Management District (MRWMD) drop-off site, 14201 Del Monte Blvd., two miles north of Marina. Monterey Peninsula residents can drop off up to 125 lbs. of household hazardous waste free of charge.

Please note that rechargeable batteries can be recycled and are collected for recycling at MRWMD or commercial businesses, such as Staples. For more details on items that cannot be put in the trash, visit www.mrwmd.org or call 384.5313.

Car Battery Roundup

April 12 to 22, Mon-Fri 8 a.m. to 5 p.m.

drop off your old car batteries:

Natale's Auto Service

2091 Del Monte Ave.

655.4353

Yard Waste Goes in 65-Gallon, Green Container

Service and worker safety improvements have led to changes in yard waste pickup in Monterey. All community members must now use the 65-gallon, wheeled green container for yard waste removal. Monterey City Disposal Service (MCDS), which provides our community with yard waste, trash and recycling services, uses trucks with mechanical arms to pick up all waste. As a result, bundled yard waste, bags and personal containers can no longer be picked up or removed. If you need more than one 65-gallon tote, sign up with MCDS for an extra container (an additional \$4.50 monthly fee will apply).

For more info, call MCDS at 372.7977 or City Solid Waste Manager Angela Brantley at 646-5662 or visit us online at www.monterey.org/recycle

ABOUT YOUR HEALTH...

Shape Up Today Monterey

Get up, get out and help your kids shape up. Parents and caregivers can help prevent obesity by establishing healthy lifestyles, creating beneficial environments in the home and encouraging children along the way.

To prevent obesity in children, we need to provide kids with wholesome foods at every meal, discourage TV viewing and other sedentary pastimes and encourage physical activity, especially playing outdoors on a daily basis.

The [*Shape Up America!*](#) Web site offers several tips for getting your family on track:



- Park the car AS FAR AWAY as possible from entrances
- Play catch with the kids (football, baseball, softball or Frisbee)
- Play basketball with the kids
- Make chores such as vacuuming, sweeping or raking part of the daily routine
- Go for family walks after meal times
- Limit recreation screen time (TV, video games, movies) to less than 2 hours daily
- Give fitness-oriented gifts
- ALWAYS use the stairs
- Visit local farms and pick your own fruit
- Plan cycling trips on safe trails
- Go swimming or play water tag or water volleyball
- Design a Frisbee golf course and play Frisbee golf
- Play soccer or just kick a ball around
- Go hiking – locate a nearby trail
- Jump rope
- Adopt a road, park or beach and keep it clean
- Enter a “bike-a-thon” or “fun run” and train for it Use a hula hoop
- SCHEDULE REGULAR TIMES for activity weekly

Obesity is estimated to claim the lives of more than 100,000 Americans each year. Obese children are socially isolated, often ridiculed by their classmates and suffer from bouts of depression and illness, especially diabetes. So go ahead, pick an activity to do with your family today and shape up Monterey!

For more info, call the Monterey Sports Center fitness department at 646.3495 or visit www.monterey.org/sportscenter

Recreate - for Leisure, Learning...for Life



Get hooked! Join a class, take a workshop or find just the activity your child is looking for at your local recreation center. We offer arts and crafts classes, friendly afterschool programs, exercise and fitness opportunities, educational workshops and more.

Check out what's going on at your community center or the Monterey Sports Center by visiting www.monterey.org/rec or call 646.3866 for details.

Start planning to fill your plate this summer and fall on May 2, when the Summer/Fall 2006 Activities Guide (good thru November) hits the streets. Registration for Monterey Sports Center programs begins May 4 at 5:30 a.m. For all other community centers, early registration begins May 6. On May 6, Monterey City residents can sign up from 9 a.m. to 3 p.m., and other city residents can register from 1 to 3 p.m. Priority registration for City residents begins May 8 and general registration begins May 15 in person or online at www.monterey.org/rec *Online registration requires prior activation.*

Mark your calendars to sign up for summer camps, field sports and ongoing arts and crafts program. Guides are available online or at the Recreation & Community Services Main Office (546 Dutra St.).

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City of Monterey

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