

# City Focus

Summer 2016

volume XXXI, no. 3

## Holman Highway/Highway 68 Roundabout – Stay Informed



## UPDATE

The top of the hill where Highway 1 meets Holman Highway 68 is getting a new roundabout that will improve safety and your drive experience through the area. The "HH68 Roundabout Project" estimated completion is summer 2017.

Plans are in place to ensure the least amount of disruption during construction. Here's how you can get the news you need when you need it:

1. Sign up at [TAMCMonterey.org](http://TAMCMonterey.org) for

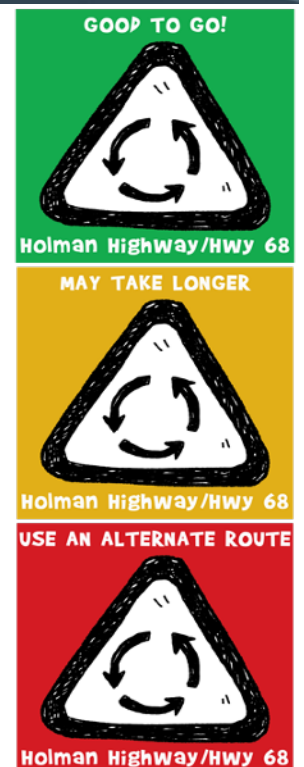
weekly "look ahead" **EMAIL BLASTS** that inform you what will be happening and times to avoid.

2. Look for the **GREEN = "GOOD TO GO", YELLOW = "MAY TAKE LONGER", RED = "USE AN ALTERNATE ROUTE"** symbols (see graphic at right) in emails, news and other outreach to let you know the current status.
3. Watch for an option to sign up for **TEXT ALERTS**, available starting in September.

4. Consider alternative transportation and/or travel times. MST will offer a special discount and employer packages.
5. Pay attention to media outlets - TV, online, social and radio information.

Pass this information on to a friend! And make [monterey.org](http://monterey.org) your hub for information on this and other City of Monterey or city-sponsored news and events.

Thank you for helping us keep you informed.



**Sign up for email alerts at [TAMCMonterey.org](http://TAMCMonterey.org)**  
**WATCH THE VIDEO to learn more about this project**  
**<https://youtu.be/vFvaxJspcMo>**



## INSIDE THIS ISSUE

**FEATURE STORY**  
**HH68 Roundabout moving to construction phase soon**

### PAGE

- 2 Monterey Car Week**
- 3 Soberanes Fire Support Beach Fires Ban**
- 4 - 9 SPECIAL INSERT Measure P Annual Review**
- 10 Planning News Monterey's New Website!**
- 11 Social Media Connecting Etta's Eats**
- 12 Walk & Bike Safe Program Help Us Pick the Best Signs**
- 13 Great Pacific Race Results Sister City Award**
- 14 Fire Dept Now on NEXTDOOR Be Ready Fair**
- 15 Sustainable Summer Tours of Doc Ricketts Lab**
- 16 Community Service Vehicle Cruise Ship Schedule**
- 17 Med Diet Wins July 4th Photos**

## Monterey Car Week, August 15- 21



### Monterey Car Week 2016 August 8 - 24 - Parking & Street Closures **WHAT YOU NEED TO KNOW**

**Mon 8/8 - Sat 8/13:** RESERVED FOR TRANSPORT OFF-LOADING: All parking spaces on Scott St. (between Pacific St. & Olivier St.)

**Mon 8/8 - Tue 8/23:** (ALTERNATE ROUTES ARE HIGHLY RECOMMENDED)  
TRAFFIC LIMITED TO 1 LANE: Del Monte Ave. (between Washington St. & Alvarado St.)  
CLOSED: Portola Hotel & Spa front driveway

**Fri 8/12:** CLOSED 2:30PM - 9 PM: Alvarado St. (between Franklin St. & Del Monte Ave.)

**Sun 8/14 - Mon 8/15:** CLOSED 8:30PM EACH DAY - 6AM THE FOLLOWING DAY: Alvarado St. (between Franklin St. & Del Monte Ave.)

**Sun 8/14 - Wed 8/24:** USED TO STAGE TRANSPORT TRUCKS: Camino El Estero (Lake side between Del Monte Ave. & Fremont St.)

**Fri 8/19:** No parking signs posted from 11:30AM - 10PM, hard closure from 12:30PM to 10PM: Cannery Row (from Drake Ave. to David Ave.), Hoffman Ave., Prescott Ave. and David Ave. (between Wave St. & Cannery Row)

**Fri 8/19 - Sat 8/20:** USE CAUTION/PATH RE-ROUTED: Cyclists & pedestrians along Recreation Trail near Fisherman's Wharf

**Sun 8/21 - Mon 8/22:** RESERVED FOR TRANSPORT LOADING: All parking spaces on Scott St. (between Pacific St. & Olivier St.)

**Sun 8/21 - Mon 8/22:** CLOSED 8:30PM EACH DAY - 6AM THE FOLLOWING DAY: Alvarado St. (between Franklin St. & Del Monte Ave.)

**DAILY UPDATES:** [monterey.org](http://monterey.org)

**CAR WEEK EVENTS:** [seemonterey.com/events/sporting/concours/](http://seemonterey.com/events/sporting/concours/)

Car Week is coming August 15 - 21 and we want to help you know what's happening around the area during this busy week.

1. Download a copy of your Car Week "What you need to know" about parking and street closures.
2. Check the [monterey.org](http://monterey.org) home page daily for

what's happening each day.

3. Check the events page at [seemonterey.com](http://seemonterey.com)
4. Use the interactive map - it displays more information on the events including location, date, road closures, tips and more!



## Soberanes Fire support

BY MONTEREY FIRE CHIEF  
GUADENZ PANHOLZER

## Monterey Bay Air Resources District orders ban on beach fires due to Soberanes Fire

Many of you have asked me how you can help support the numerous firefighters that are here from all over the state to battle the Soberanes Fire. Your desire to help is appreciated.

As a city, Monterey has sent 3 engines with a total of 12 personnel to assist with the effort as part of the California Fire Service mutual aid system. That system has a good component in place to provide for the needs of firefighters that are sent out on mutual aid. There is an entire city at Toro Park to provide those support services; the firefighters are well taken care of and have what they need. If you want to express your appreciation for the firefighters, a heartfelt "thank you" when you see them out and about is a kind way to do so.

On the other hand, there are folks in our community that have lost everything. They can use your help and need it much more than the firefighters do. That said, it is important to coordinate your giving with the true need. Many communities

that have experienced disasters and have received donations of items, have ended up with warehouses full of unneeded things. Money always works as that can buy what is needed. Options for giving are through the following organizations (among others):

### Community Foundation for Monterey County -

[cfmco.org/about-us/fund-list/...](http://cfmco.org/about-us/fund-list/...)

### Monterey County Recovers -

[montereyco.recovers.org/](http://montereyco.recovers.org/)

### Red Cross -

[redcross.org/index.jsp](http://redcross.org/index.jsp)  
or call (831) 624-6921

Thank you again for caring and wanting to help.

*NOTE: This is the status of support as of July 29, 2016*

The Monterey Bay Air Resources District has issued a temporary order banning beach fires until further notice due to significant and detrimental air quality impacts as a result of the Soberanes Fire. This ban will be enforced throughout Monterey beaches.

The ban took effect July 28, 2016.

Monitor air quality:  
[mbard.org/air-quality/](http://mbard.org/air-quality/)

## BEACH FIRES PROHIBITED UNTIL FURTHER NOTICE



**BY ORDER OF THE MONTEREY BAY  
AIR RESOURCES DISTRICT  
DUE TO THE SOBERANES FIRE**

# **MEASURE P YEAR IN REVIEW**

## **- SPECIAL INSERT -**

Measure P is a special tax approved by 74% of voters in November 2014 to be effective from April 1, 2015 through March 31, 2019. It authorizes a 1% local district tax (sales and use tax) to be used to address significant deferred maintenance by fixing streets, sidewalks, and potholes; improve related access and safety for senior citizens, disabled residents and others; and repair its 100-year-old storm drain system to protect our beaches and the Monterey Bay.



[monterey.org/fixingstreets](http://monterey.org/fixingstreets)



## Measure P Year in Review

**Amounts programmed over 4 years total of \$32 million,  
based on revenue projections**



### PAVEMENT RESURFACING & RECONSTRUCTION

**\$ 17,200,000**

### ADA RAMPS & SIGNALS

**\$10,080,000**

### STORM DRAINS

**\$2,720,000**

### SIDEWALK REPAIRS

**\$2,000,000**

---

## How the City identifies and prioritizes streets most in need of repair

The City uses a Pavement Management System to identify work based on the Pavement Condition Index (PCI). Early Measure P work performed activities to prevent the deterioration and extend the life of the pavement. This work removed damaged sections of pavement and then placed a new wearing surface (slurry seal). In year one, the majority of street work consisted of this kind of activity.

In the coming year, this work will continue and we will also see the implementation of more substantial repair work. Work such as asphalt overlay and road reconstruction will occur in year two. This work requires more design work to comply with new Americans with Disability Act (ADA) legislation. These rules require the City to bring a street into compliance when major work is performed. This kind of work is dramatically more expensive than the activities carried out in year one.

## Implementation Strategy, 'Dig Once' Approach

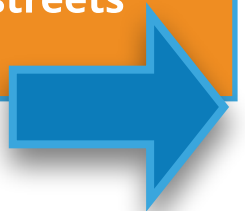
The City is utilizing a work staging process that constructs activities below the road surface prior to performing paving work. The City is installing any necessary storm drain and sanitary sewer improvements prior to repairing the road surface. The goal is to avoid cutting into a new or recently repaired street. This sounds easy, but Measure P intends on performing work on over 700 street segments (blocks). This is at a time while the City is implementing a Sanitary Sewer Rehabilitation project that is repairing several miles of pipelines below the City streets.

Coordination is key and understanding this concept may answer some questions as to why work occurred in some locations and not in adjacent areas.

**See the next four pages for details of the year in review.**

**For future updates make sure to visit [monterey.org/fixingstreets](http://monterey.org/fixingstreets)**

**Contact the Engineering Office at (831) 646-3921 with any questions.**



**Pavement Resurfacing & Reconstruction - (\$ 17,200,000)**

**PLANNED: 700+ STREET SEGMENTS** (intersection to intersection/blocks), approximately 9M (million) square feet (sf) of street surface to be brought up to a state of good repair through maintenance (slurry) and rehabilitation (reconstruction) efforts



**COMPLETED: 3 M sf,+ (3,060,336)**

**IN PROGRESS: 109,501 sf**

**SCHEDULED to complete design by year end: 1,649,368 sf**



**TOTAL SPENT =**  
**Over \$3.5 million**  
**(\$3,505,507)**



**ADA Ramps & Signals (\$10,080,000)**



**TOTAL SPENT =  
\$1,276,488**



**BACKGROUND:** Federal Law requires the City to bring its facilities into compliance with the Americans with Disabilities Act (ADA) when it performs rehabilitation work to infrastructure (i.e. streets). This requires the installation of curb ramps at corners to maintain a 'path of travel' for sidewalk users. Of note, ADA ramps are not required where there is no connection to an existing sidewalk. Many of the ramps require intersection improvements that change pavement elevations.

**PLANNED AND SCHEDULED:** Construct ramps simultaneously with rehabilitation projects; funding will also be used to bring all of the 56 City traffic signals into ADA compliance (whether or not the associated streets are included under street repair). Two are compliant, four will be updated with the North Fremont Project and the remaining 50 are under design.



**COMPLETED:  
Approximately 34 ramps**



**Storm Drains (\$2,720,000)**

**PLANNED:** The lowest rated storm drain pipes will be brought into a state of good repair (approximately 5400 linear feet; 17 'D' rated and 31 'F' rated pipe segments, and any associated manhole/catch basin/headwall repairs). Flood control improvements to various ponds and sediment basins and replace pumping infrastructure.



**TOTAL SPENT =**  
**\$461,583**



**COMPLETED:**  
**43 pipe segments**

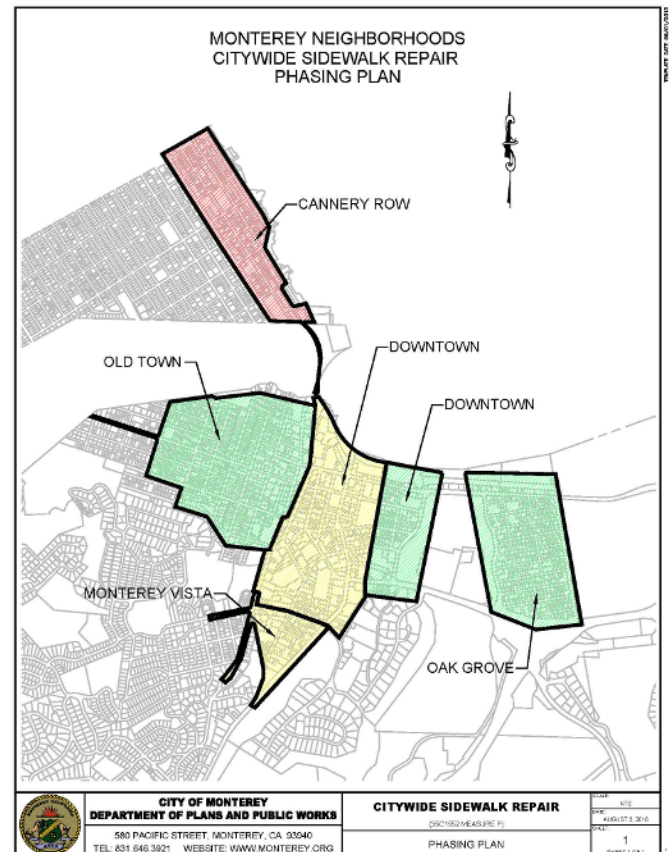
**SCHEDULED:**  
Approximately 5 remaining pipe segments, settling pond silt removal and retrofitting pump stations at El Estero and the Tunnel.



## **Sidewalk Repairs (\$2,000,000)**

**PLANNED:** Sidewalk work will be performed to repair the highest prioritized sidewalk displacement (type 3 - displaced more than 3/4"). The focus is on large scale repair efforts in the high pedestrian areas, and funding will augment the City sidewalk repair program.

The City is responsible for damage caused by trees in right-of-way. Trees will be replaced and planted with root guards.



**COMPLETED:** Cannery Row, New Monterey and some of Old Town.

**SCHEDULED :** Downtown, Oak Grove, Monterey Vista, and finish Old Town.



**TOTAL SPENT =**  
**\$1,036,759**

# News from the Planning Office

BY PRINCIPAL PLANNER  
ELIZABETH CARAKER

## The City has a new website!

BY COMMUNICATIONS  
ASSISTANT LAURIE  
HUELGA

[monterey.org](http://monterey.org)

Last Summer the City of Monterey initiated an update to its Local Coastal Program. This land use document sets goals and policies that

implement state law requiring the protection of our coastal resources.

In July the City Council received a presentation on sea level rise and ways

the City can consider preparing for the impacts.

Workshops will be scheduled this fall for the public to weigh in on issues to be addressed in the plan. Such issues may include coastal views, coastal access, and coastal dependent land uses along Monterey's coastline.

Learn more about Planning projects at [monterey.org/planning](http://monterey.org/planning)



The City of Monterey has a new website! Built with the latest web technology, the site provides:

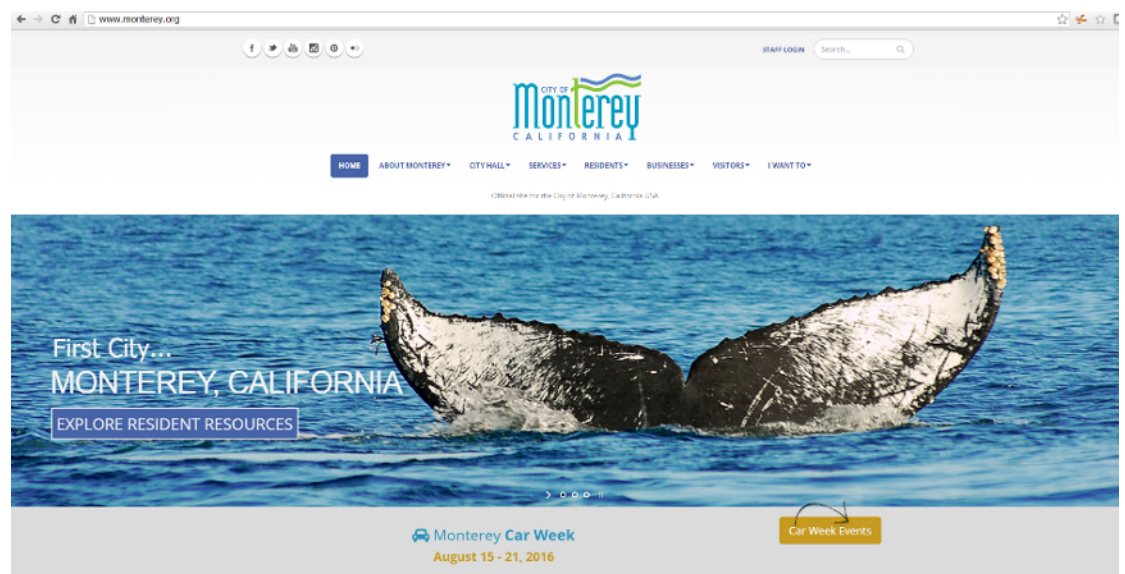
- A faster web experience and search engine performance
- Easier viewing from tablets, phones and desktops

- A better web structure and overall page layout

Please update bookmarks to key pages of interest. Additionally, search engines, like Google Search, may temporarily direct you to broken links until they re-index the site. We will continue to refine

usability and want to hear from you! Please send your feedback to [montereywebmaster@monterey.org](mailto:montereywebmaster@monterey.org)

Thank you to the web team for your amazing help with this project, including interns Kristine Elizondo, Colin Cool, and Nina Marquardt!





According to the Pew Research Center, 65% of adults use social networking sites, a tenfold jump in the last decade. That number jumps to 90% for young adults ages 18-29.

Besides traditional media, such as television, newspapers and public meetings, the City of

Monterey Communications & Outreach Office uses new media (websites and social media) to communicate to residents and visitors. Users can subscribe, or "follow," our social media feeds for up-to-date information about Monterey services, attractions, history, news and events.

These free tools help us to better reach constituents, improve engagement and transparency, and solicit citizen feedback.

The following report outlines the user growth and demographic information for the City of Monterey's YouTube, Facebook, Instagram and Twitter pages for 2016.

## Social Media Analytics Report, July 2016

BY MEDIA ASSISTANT  
ERIC PALMER

Find the report at

[monterey.org/  
Portals/0/Newsroom/  
2016/16\\_0725Cityof  
MontereySocialMedia  
Report.pdf](http://monterey.org/Portals/0/Newsroom/2016/16_0725CityofMontereySocialMediaReport.pdf)



The Library unveiled its new kitchen and snack bar named Etta's Eats in honor of Monterey's first City Librarian, Etta Eckhardt (1907 – 1943) in a ribbon-cutting ceremony on Saturday, June 25. The Friends of the Library served coffee and treats to well wishers and celebrants to launch the new facility.

"While today's libraries remain sanctuaries with quiet places reserved for reading, study, and research, they have also evolved into active

community centers where people gather for meetings, participate in cultural and educational programs,



socialize, and access recreational and informational resources," said Library Director Inga Waite. "The new kitchen will provide a place where

drinks and quality pre-packaged snacks will provide fuel to keep customers refreshed and happy."

The kitchen was designed and built with funds from the Neighborhood Improvement Program and, for now, will be operated by staff paid by the Library Trust Fund, with revenue offsetting the cost of operations. As the Library plans for future services, it will be looking at more ways to use this wonderful new amenity in a fuller capacity.

## Etta's Eats opens at the Library

BY SPECIAL SERVICES  
COORDINATOR  
JEANNE MCCOMBS



# Children walk, ride and roll to safety with the 'Walk & Bike Safe in Monterey' Program

BY TRANSPORTATION PLANNER STEFANIA CASTILLO

Walking and bicycling are among the earliest skills people are taught. As babies we practice balance – staying upright as we take our first wobbly steps. Later on, when we learn how to ride a bike, most of us learn how to balance, and how to use our brakes and pedals. But where do we learn the rules of the road and how to walk and ride safely in traffic?

The City of Monterey successfully pursued an \$110,000 grant from the California Office of Traffic Safety on behalf of our community to launch 'Walk & Bike Safe in Monterey' – a free and interactive public education program focusing on educating children as safe pedestrians and bicyclists.

Classroom presentations, interactive pedestrian and bicycle skills obstacle courses ('rodeos'), and



educational booths at community events and schools have all been possible due to these efforts.

Monterey families got the 'heads up' on protecting their heads with 700 children winning free bicycle helmets and many

more learning how to properly fit a helmet (snug, level, and buckled).

The program has successfully reached thousands – over 2,000 children were trained to safely cross the street and ride their bikes and over 10,000 residents, visitors, and seniors were engaged in our public awareness program.

The best part is that children bring their lessons home with them, sharing what they've learned with their parents – coloring books, parent tip sheets, bike lights and reflective snap bracelets distributed during events allow children to continue learning and practicing safety habits at home! Children have the opportunity to increase their parents' awareness of what is needed to be safe pedestrians and bicyclists. The more people who know the rules of the road and know how to safely negotiate traffic, the more predictable and safe we will all be.

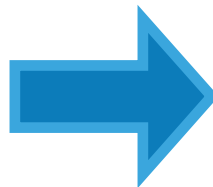
<https://youtu.be/zFzoeByTjcA>  
Watch the video

## Which wayfinding sign do you like best?

BY ASSOCIATE CIVIL ENGINEER ANDREA RENNY

**PLEASE TAKE THE 1 QUESTION SURVEY! Open until Friday, August 26**

<https://www.surveymonkey.com/r/MontereyWayfinding>



The City is working in collaboration with Hunt Design to update our Wayfinding Signs. This is a very important project as the development of an overall Wayfinding philosophy and graphic standard can provide valuable information and

communicate an organized and friendly city, without detracting from its visual beauty.

The Wayfinding Sign Program Goals are:

1. Direct and orient users to main destinations.

2. Guide first time visitors to destinations efficiently.

3. Get drivers parked near destinations and out of their cars to ease congestion.

4. Support circulation between destinations for all users (drivers, cyclists,

and pedestrians).

5. Unify and refresh public signage throughout the City.

We appreciate your input, please vote on your preferred design concept!



# Winners of Great Pacific Race demolish world record

BY MEDIA ASSISTANT ERIC PALMER

The first team to finish this year's Great Pacific Race, Team Uniting Nations, have rowed themselves to a Guinness World Record by not only winning the race but by also becoming the fastest ever crew to row from Monterey, California to Honolulu, Hawaii in 39 days, 12 hours and 20

minutes breaking the existing record by more than 3 days.

[Read the full story](#)



## Monterey wins Sister City International's Innovation Award for Economic Development



The City of Monterey won Sister Cities International's (SCI) 2016 Economic Development Award for a city with a population less than 100,000. The Economic Development Award recognizes the accomplishments of outstanding community and individual sister city programs that promote peace through mutual respect, understanding, and

cooperation.

The project nominated was with sister city, Dubrovnik, Croatia, for the cooperation in bringing a half marathon to Dubrovnik in the spring of 2015.

In 2015, the inaugural Dubrovnik Half Marathon took place, including a Kids Run and 2K Run on the Wall. Nearly 500 participants representing 40 countries and 480 volunteers took part in multi-day festivities. The marathon was created with the goal of diversifying tourism in non-summer months, as a source of local well-being, and a means of expanding the city's economic base. The event gave an opportunity for Dubrovnik's youth to learn new skills, interact

with a larger, more diverse community and raise awareness for staying active and healthy.

The project helped to bond Monterey and Dubrovnik and has been a huge asset to both communities.

The Big Sur International Marathon organization was a key catalyst and deserves recognition for their help and support. The 2nd annual Dubrovnik Half Marathon just took place in May, 2016, and it was another big success. The two

organizations continue to grow their connection and plan to create a runner exchange between the Half Marathon on Monterey Bay, held each November, and the Dubrovnik Half Marathon to further connect the two races and cities.



**du motion**  
RUNNERS' DAYS DUBROVNIK



**SisterCities**  
INTERNATIONAL

Connect globally. Thrive locally.

The Monterey Fire Department joined Nextdoor, the online network for neighborhoods, in Monterey, Pacific Grove, Carmel and Sand City, to help make our neighborhoods stronger and safer.

The Monterey Fire Department plans to share important news and emergency notifications that are relevant to your neighborhood.

Please be assured that your Nextdoor website remains private. Our

staff will not be able to see any of the content on your neighborhood website except for the direct replies to our posts. We look forward to communicating with you on Nextdoor to make our community an even better place to live.

Please do not use Nextdoor to report emergencies; call 9-1-1 in an emergency. Feel free to reach out to us for non-emergency questions and concerns.



## Monterey Fire Department joins Nextdoor

BY MONTEREY FIRE CHIEF  
GUADENZ PANHOLZER

[monterey.org/fire](https://monterey.org/fire)


<https://youtu.be/pnsaMYtkGD0>  
Watch the video



September is National Preparedness Month, and the Community Hospital of the Monterey Peninsula (CHOMP) is sponsoring an Emergency Preparedness Fair, Saturday, September 24 from 11 a.m. to 3 p.m. at Del Monte Center in Monterey.

The City of Monterey is a participating agency. Don't miss bringing the whole family to this informative and fun event.

Find out more on the CHOMP website.



# Be ready.

## Emergency Preparedness Fair


**Education and fun for all ages**

- Emergency kit essentials
- Safe food and water
- Home safety
- Shutting off natural gas
- Fire extinguisher how-to's
- Fire-safe landscaping
- Emergency vehicles on display

Saturday, September 24  
11 a.m.-3 p.m.  
Del Monte Center, Monterey

**PARTICIPANTS INCLUDE LOCAL EMERGENCY AGENCIES**

Emergency "starter kits" from Community Hospital (free to first 500 attendees)



**Emergency Preparedness Fair**  
**Saturday, September 24**  
**11 a.m. - 3 p.m.**



# Sustainable summer

BY SUSTAINABILITY COORDINATOR TED TERRASAS

[MontereyRecycles.org](http://MontereyRecycles.org)

Summer is here and it is time to head outdoors for some fun with the family. While you are taking time to enjoy the weather, keep some tips in mind for how to have a sustainable summer:

- ▶ **Use a propane grill for BBQs:** Briquettes create 105 times more carbon monoxide than a propane grill.
- ▶ **Try a 100 mile diet:** Make it through the summer eating foods that originate from 100 miles away or as close as you can get to that target.
- ▶ **Rent a more efficient car:** If you are renting a car for a road trip, inquire about hybrid or fuel efficient vehicles that are available.
- ▶ **Stay at an Eco friendly hotel:** Some hotels go the extra mile to be efficient with energy, water and waste generation.



Show them that these issues matter to you as well by choosing hotels that are committed to environmental protection, especially those that are certified Green Businesses (in CA).

- ▶ **Choose reusable/compostable food serviceware:** If you are headed out to a park or other destination, be sure to choose food serviceware that can be cleaned and used again or is easily compostable. Even if compostables are thrown in

the trash, it is far preferable to using plastics or other non biodegradable items.

- ▶ **Be waterwise:** California is still in the midst of a drought, so be sure to choose waterwise plants for your home, consider low flow toilets and showerheads, and choose water saving clothing and dish washing machines.
- ▶ **Walk and Bike!** Take advantage of the great weather and leave the car at home.

Have a great summer!

**“I think the environment should be put in the category of our national security. Defense of our resources is just as important as defense abroad. Otherwise, what is there to defend?” - Robert Redford**

## Tours of the Pacific Biological Laboratories (Ed Ricketts' Lab)



City of Monterey Museums are holding free one-hour tours of the

Pacific Biological Lab (Ed Ricketts' Lab) at 800 Cannery Row. The next date is Saturday, August 13.

Join our Lab Docents as they tell the story of the Lab and its pivotal role in the life and work of marine biologist Ed Ricketts, his friendship and collaboration with author John Steinbeck and their circle of friends at the Lab. You will also learn about the "PBL

Members" who bought the Lab in the mid-1950s and were instrumental in the founding of the Monterey Jazz Festival and in saving the Lab.

RESERVATIONS REQUIRED for these popular tours as spaces are limited. Contact the Colton Hall Museum at 646-5640.

[Monterey.org/Museums](http://Monterey.org/Museums)

## New Community Service vehicle gets noticed



The Monterey Police Department recently introduced a new Community Service vehicle to the visitors

and residents of Monterey. Designed with iconic landmarks of Colton Hall, Fisherman's Wharf, and the police

department's patch; the new vehicle is designed to be approachable and to raise the interest of those who see it.

"It's designed to be a conversation starter," explains Lt. Marty Hart.

So far, it's doing just that.

Here it is being introduced at the 4th of July parade on Alvarado Street.

[montereypolice.org](http://montereypolice.org)

## Cruise ship schedule



### 2016

Wed., October 5	8:00 a.m. - 5:00 p.m.	<u><a href="#">Celebrity Cruises M/V - Infinity</a></u>
-----------------	-----------------------	---

### 2017

Fri, May 19	8:00 a.m. - 5:00 p.m.	<u><a href="#">Celebrity Cruises M/V - Infinity</a></u>
-------------	-----------------------	---

Mon-Wed, Jun 18 - 20	Mon. 1 p.m. - Wed. 11:59 p.m.	<u><a href="#">"The World" - Private Cruise</a></u>
----------------------	-------------------------------	---

Fri, Sep 22	7:00 a.m. - 5:00 p.m.	<u><a href="#">Celebrity Cruises M/V - Infinity</a></u>
-------------	-----------------------	---

Thurs, Sep 28	7:00 a.m. - 4:00 p.m.	<u><a href="#">Celebrity Cruises M/V - Infinity</a></u>
---------------	-----------------------	---

Thurs, Oct 5	7:00 a.m. - 4:00 p.m.	<u><a href="#">Celebrity Cruises M/V - Infinity</a></u>
--------------	-----------------------	---

Thurs, Oct 12	8:00 a.m. - 4:00 p.m.	<u><a href="#">Celebrity Cruises M/V - Infinity</a></u>
---------------	-----------------------	---

All dates and times are tentative.  
The schedule is also available at [monterey.org/harbor](http://monterey.org/harbor)





## Mediterranean diet wins again

BY MONTEREY SPORTS  
CENTER FITNESS  
MANAGER  
BILL ROTHSCHILD

A recent paper published in the Annals of Internal Medicine by US Department of Veterans Affairs Dr Hanna Bloomfield, reviewed 50 years of evidence and concluded eating a Mediterranean diet rich in olive oil, fruit, vegetables, beans, fish and whole grains was healthier than any other type of diet. The diet reduced the risk of breast cancer by 57%, major heart attack and strokes by 29%, and type 2 diabetes by 30%.

The researchers found that the typical Western diet packed with sugars and refined grains such as white bread and pasta was more likely contributing to the ballooning obesity crisis than the amount of

fat in the diet. Healthy fats that are found in olive oil, avocados, nuts, and fish may be eaten in larger amounts than previously thought without contributing significantly to fat gain.

Dr. Bloomfield recommends including olive oil as your main cooking oil and salad oil and use lots of it regularly. She also recommends increasing your consumption of fruits and vegetables of different colors while reducing your consumption of meat.

In Monterey, we are blessed with a wide range



of options for fresh fruits and vegetables, fresh fish, locally produced nuts and grains and a fantastic selection of olive oils to choose from. In addition to our local markets, the farmer's market with fresh, outstanding produce is widely available every day of the week.

## Another great 4th of July in Monterey



**Check out all the  
photos at  
[monterey.org/July4](http://monterey.org/July4)**





## City Focus Newsletter

Summer 2016  
volume xxxi, no. 3

published since 1985

### City Manager's Office

City Hall  
580 Pacific Street  
Monterey, CA 93940

(831) 646-3760

### Suggestions:

(831) 646-3793

[MontereySuggest@monterey.org](mailto:MontereySuggest@monterey.org)  
[monterey.org/cityfocus](http://monterey.org/cityfocus)

### MAYOR

Clyde Roberson

### COUNCILMEMBERS

Timothy Barrett

Libby Downey

Alan Haffa

Ed Smith

Connect with us



**City Focus is published by the City of Monterey's Communications & Outreach Office to inform citizens about the programs, services and activities of city government. City Focus is available by email subscription and is posted online in January, April, July and October.**