



### **GREEN BUILDING EXPO**

The City of Monterey will host a Green Building Expo at the Monterey Conference Center on Wed., Nov. 28, from 4:00 - 8:00 p.m. Experts in green building practices, and local suppliers will be available to discuss the latest trends, answer your questions and show you a wide array of green building products. The event will kick off the education component of the City's Green Building Program. You can also read more about Monterey's Green Initiatives and watch a Green Building Program video about how the City is remodeling its newest building to green standards.

## **POLICE PATROLS**



The 2007 Community Survey revealed that some people feel unsafe on certain parts of the Recreation Trail. To increase police presence along the trail, the waterfront and downtown, the Monterey Police Department recently sent six officers through a bicycle training class tailored specifically for law enforcement. Why does it take training to learn to ride a bicycle for law enforcement? The training

focuses on control at all speeds, maneuvering around and over obstacles (e.g. stairs, fences, etc) and how to dismount the bicycle in a tactical manner when contacting a suspect. The training specializes in situations an officer could face while patrolling the City by bicycle.

# **TRADER JOE'S OPENS**

Trader Joe's is expected to open its newest specialty grocery store in Monterey. City officials will be on hand to mark the grand opening celebration. The much anticipated opening of Trader Joe's brings a grocery store back to downtown Monterey and within walking distance for many residents and workers. For more information on Trader Joe's, click here.

# Focus Features

# **MONTEREY OAK TREES ARE ALIVE**

The leaves on the oaks throughout the city have been brown, dry and dripping with worms. Please be assured that the oak trees will leaf out again. While the oak moths and worms are annoying, they actually help the oaks transpire, or lose less water during this drought year. The City recognizes this as a natural process, and does not recommend spraying the trees with insecticide. Some residents have confused the Oak Moth with the Light Brown Apple Moth, but they are two distinctly different pests. So far we have not seen any activity on our trees from the Apple Moth larvae and are hopeful that we never will.

## **SUCCESS STORIES**

The City is streamlining many of its business processes to deliver services more efficiently and more cost effectively. Business process transformation is an on-going project that touches every City department and every City employee. It's also an important tool in the City's efforts to get the most out of every tax dollar. If you want to see some examples of what the City is doing to improve the way it conducts business, take a look at the first release of our "transformation success stories" by clicking here.(PDF)

## Free Energy Saving Light Bulbs!

The City is giving away 5,000 compact fluorescent light bulbs (CFLs) at various locations from Nov. 27 - 29. CFLs use less electricity than conventional light bulbs, so they can help reduce your utility bills and help the City meet its green goals. The Sierra Club donated the CFLs to Monterey to distribute to residents. To find out where you can get your free CFLs, click here.

#### SERVICE REQUESTS



Did you know that you can make a service request of the City anytime of day or night? Just go to the City's Web site monterey.org and click on Services. The Public Works Department Dynamic Portal allows you to file your request on the Internet for a wide range of services, from potholes to parking enforcement. Once your service request is fulfilled, you'll get an email notification from the City. To see the Dynamic Portal, click here.

# Waste-free Holidays!

by Solid Waste Program Manager Angela Brantley

Between Thanksgiving and New Year's, household waste increases by more than 25%. Added food waste, shopping bags, packaging, wrapping paper, bows and ribbons - it all adds another 1 million tons a week to the nation's garbage piles. In fact, 38,000 miles of ribbon alone is thrown out each year—enough to tie a bow around the Earth!

Maybe it's time for a new tradition – a no-waste holiday season.



## Holiday Weight Loss Tips

by Monterey Sports Center Fitness Manager William F. Rothschild



Losing weight is a fairly simple formula: Increase caloric expenditure and decrease caloric intake = loss of weight.

Unfortunately, losing weight can be much more complicated than the simple formula would suggest. One pound of fat contains 3,500 calories. If you reduce your caloric intake by 500 calories per day, you would expect to lose one pound of fat per

week. If, at the same time, you increase your activity levels by 500 calories per day, you could then expect to lose about 2 pounds per week.

However, fitness levels, body fat levels, motivation levels, exercise choices, genetics and nutritional state all have a role in the success of any weight loss program. Some weight loss programs focusing on low carbohydrate/high protein sources promote significant amounts of water loss which falsely lead to an initial sense of success, but ultimately result in greater weight gain following the weight loss program.

To ensure a successful weight loss program, we recommend working with a fitness professional who can provide advice about the best form of exercise, and the intensity and duration appropriate for each individual. Understanding your present body composition which is the amount of body fat to lean body mass ratio and tracking changes to this value is critical for long-term real success. Join the Sports Center

## **Events**

## Shades of Monterey

The Library's "Shades of Monterey" exhibit gives you a glimpse of everyday life in the City over the past century.

Drawn from a sampling of photos collected from the albums of local families, the exhibit runs through December at Alvarado Gallery. To watch a video, click here.



# Christmas Tree Lighting

The Annual Christmas Tree
Lighting Ceremony will be held
on Fri., Dec. 7, from 6:15 – 8:00
p.m. in front of Colton Hall.
Highlights of the ceremony
include live Christmas music,
caroling, lighting of the 35-foot

live fir tree and Santa Claus. Watch last year's tree lighting.

## First Night

Monterey's celebration of New Year's Eve offers fun for the whole family. For information, click here



City of Monterey