



Fireworks Light the Night Sky

# CITY SPARKLES THIS SUMMER

The City of Monterey will host its annual Fourth of July celebration this summer with a parade through downtown, a lawn party featuring live music at Colton Hall and a spectacular fireworks display over Monterey Bay. The full day of family festivities begins with a flag raising ceremony on Alvarado Street at 10:00 a.m. and concludes with fireworks at Del Monte Beach at 9:15 p.m. accompanied by a radio synchronized sky concert on KWAV 97-FM.

The City wants everyone to enjoy a safe Fourth of July. The Monterey Police and Fire



Departments will be highly visible. Personal fireworks are illegal in Monterey and there is a \$500 fine for possession, display or discharge of fireworks. Pets are not allowed at any July Fourth events.

The best locations for viewing the fireworks are Del Monte Beach and the Lower Presidio Historic Park. Access to the Lower Presidio is limited to pedestrians only.

The City is preparing for larger than usual crowds this year because Independence Day falls on a Friday. Residents, businesses and visitors can

expect traffic congestion, street closures and parking restrictions. Parking is available at Monterey Peninsula College, located about 1/2 mile from Del Monte Beach. For details of the day's events, click here. For information on streets closures and parking, click

Watch the 2007 July 4th Celebration

# Focus Features

### **Meet Monterey's New Police Officers**

By Monterey Police Sergeant John Short

The Monterey Police Department recently hired six new police officers who are currently in the Field Training Program.

Jeff Gibson served in the U.S. Air Force and the NY Air National Guard before becoming a police officer with the NYPD and later the Yonkers (NY)

Shasta Vanetti attended college in Sacramento, completed the police academy in 2007 and worked for Solano County as a security officer.

Larry Siville worked as a full-time police officer for the City of Modesto for 21 years. Recently married, he moved to Monterey to be near his wife who works in Aptos.

Jake Pinkas served five years as a Master at Arms and K-9 handler in the U.S. Navy, including a tour in Iraq as a combat dog handler. Jacob graduated from the Alameda County Sheriffs Office Basic Police Academy.

Nathan Beverly graduated from San Lorenzo Valley High School and the Alameda County Sheriff's Office Basic Police Academy.

Andrew Marchese graduated PG High School, earned a degree in Criminal Justice Administration from CSU Sonoma, and graduated from the Alameda County Sheriff's Office Basic Police Academy. Please welcome them to Monterey.



The City drafted a balanced budget for the 2008-



The Neighborhood Improvement Program

2009 fiscal year despite the twin challenges of a sluggish U.S. economy and a state budget deficit. The City's \$57 million General Fund budget projects modest increases in TOT, property and sales tax revenues. The City's spending plan sets aside reserves for capital renewal of key facilities and for economic uncertainty. The budget funds a base level of on-going maintenance and improvements in buildings and infrastructure. However, full funding of facility renewal and more costly infrastructure improvements in streets, sewers and storm drains remain under-funded and will require new revenue sources or program reductions.

The budget will be presented to the City Council at its June 17th meeting and will be voted on by the Council at a Study Session on June 25.

plans to fund 38 projects in 2008-2009. The projects include a seismic retrofit of the French Consulate building, the site of one of the City's Visitor Centers; construction of a new mural along the Recreation Trail near the location where Father Junipero Serra landed in 1770; and expansion of the skate park. The NIP Committee weighed the benefits of nearly 70 projects suggested by residents. The 38 projects selected will each get a share of more than \$2 million in City funds allocated for NIP projects. Those dollars come from a percentage of the Transient Occupancy Tax paid by tourists staying in Monterey hotels. For details of the NIP projects, click here.

#### **CELL PHONE LAW TAKES EFFECT!**

By Monterey Traffic Sergeant Bob Guinvarch



Starting July 1, a new law regarding cell phone usage goes into effect that prohibits:

- Persons under the age of 18 from driving a motor vehicle while using a wireless telephone or a mobile service device. This prohibition includes telephones equipped with a hands-free device.
- Persons 18 and older from driving a motor vehicle while using a hand-held cellular telephone unless that telephone permits hands-free operation.

EXCEPTIONS: The law allows those driving a motor truck, truck tractor, tow truck, or specified farm vehicles to use a digital two-way radio service built into a wireless telephone that operates by depressing a push-to-talk feature and does not require immediate proximity to the user's ear. These exceptions apply until July 1, 2011.

### **Emergency Exemption**

The law permits a driver, regardless of age, to use a wireless telephone *for emergency purposes*, including, but not limited to, an emergency call to a law enforcement agency, health care provider, fire department, or other emergency services agency or entity.

#### **Penalties**

Violating these new laws is an infraction. A violator is subject to a base fine of \$20 for the first offense and not more than \$50 for each subsequent offense. A negligent operator point will **not** be assigned to a driver found guilty of a cell phone usage violation.

#### For more information

If you have any questions regarding the new law, you can contact Traffic Sergeant Bob Guinvarch at 831.646.3419, <a href="mailto:guinvarc@ci.monterey.ca.us">guinvarc@ci.monterey.ca.us</a> or you can go to the CHP Website.

### **Enjoy a Morning Walk? Volunteer Now!**

Bay View Elementary School will begin a walking school bus in August as part of the Safe Routes to School program. A walking school bus functions like a regular bus, only walking! Adult volunteers are needed to walk with groups of students in the morning. Walking routes are less than one mile. All volunteers will need to be fingerprinted and complete a safety course. This is a great opportunity to get some exercise and help youngsters develop healthy lifestyles. If you're interested, contact Lacey Raak at 831-646-3473 or <a href="mailto:raak@ci.monterey.ca.us">raak@ci.monterey.ca.us</a>

## City Solutions

## **SUMMER RECREATION**

By Recreation Supervisor Shannon Beltran

The Monterey Recreation and Community Services Department will be offering a variety of Summer break programs for children.

A Playground Program for children ages 5-12 at Archer Park, Casanova Oak Knoll Park, Hilltop Park or Via Paraiso Park. Recreation leaders will supervise children in various activities such as arts, crafts, cooking, games and movement activities.

Whispering Pines
Day Camp is an
organized and
supervised outdoor
program for children
ages 5-9. Activities for
campers include hiking,
folk dancing, singing,
arts and crafts, outdoor
cooking, camp skills,
and nature activities.

Camp Quien Sabe Youth Overnight Camp is a residential camp for children entering 2<sup>nd</sup> grade through 15 years of age. Children will be separated by age group but all will enjoy a variety of activities including hiking, folk dancing, camp skills, cookouts, nature crafts, swimming in the private camp pool, boating, and water safety activities around the camp lake. Camp Quien Sabe is truly a unique experience for your child. Youngsters learn good camping practices and an appreciation for the intricate and delicate balance of nature.

The Monterey Sports Center will be offering Sports Camp Plus and Cheerleading Camp. At Sports Camp Plus there are new activities every day! The schedule is packed with fun activities including floor hockey, basketball, whiffle ball, swimming and much more. Campers also go roller-skating and to a BBQ. Campers can also take swim lessons during camp for only \$20. Cheerleading Camp gives campers a noncompetitive environment to have fun while learning basic sideline and crowd cheers as well as stunts and dance routines.

Learn more about 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. For a look at the Summer / Fall Activities Guide, click here.

#### **Healing Back Pain**

by Monterey Sports Center Fitness Manager William F. Rothschild

Recently while doing some heavy lifting, I experienced what 90% of the adult population in my age group have experienced at least once in their lifetime - back pain. This wasn't the, "Oh I've overdone it" type of back pain. This was the type of back pain that causes you to miss work and wonder if you will ever walk upright again. The one thing I've read, seen and heard from most of the experts in back rehabilitation is you need to get up and moving as soon as possible to speed your recovery and strengthen the back against re-injury.

When attempting to return from a back injury, it is important to follow a sound program to help prevent re-injury. It is highly recommended to work with a trained and licensed professional when coming back from an injury.

Stretching, pilates, and strengthening exercises including McKenzie exercises and lumbar stabilization exercises, can be used to help strengthen the core muscles of the spine. Progressive loading and unloading of the spine, a process called

facilitation, can also be done to help reduce pain and strengthen the spine.



The Monterey Sports Center has licensed Physical Therapists to help you recover from back pain.

Low impact aerobic exercise is also a very important component of any rehabilitation program. Some examples of low impact aerobic exercise include aquatic exercise, continuous walking for 30 minutes or more, or stationary biking. Other factors for successful recovery include controlling anxiety and stress, eating well, getting adequate sleep, and controlling medication use.

So, whether you have recently experienced an episode of back pain, currently are in pain or want to prevent back pain, get and stay active.

#### **Library e-Newsletter**

The Monterey Public Library has started an online newsletter that you can subscribe to as easily as you subscribe to City Focus online. To view the Library's IDEA newsletter, click here.

#### **Events**

- July 18 19 **U.S. Motorcycle Grand Prix**
- Journeys Though the Lens featuring the works of local photographers Clarice Hoffman. Thru Aug. 17 Debbie Delatour and Galyn Hammond. Each artist takes you on a different adventure through their camera.
- Ride the MST Trolley FREE from downtown to Cannery Row with stops in-between! Thru Sept. 1
- Sept. 4 6 Cherry's Jubilee

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