

La Palma



MOSAIC

Spring 2010



What's Inside

Spring Clean Up
2010 City Council Goals
Activities Guide

City Information

City Hall Hours:

7:30 a.m. – 5:30 p.m. **Monday – Thursday
and Alternating Fridays**

City Council, Community Development Commission, and the Planning Commission Meetings are held on the first and third Tuesday of each month. Meetings start at 7:00 p.m. and are open to the public. Agendas are available by calling the City Clerk's office at 714-690-3334, or on the City's website www.cityofpalma.org under Agendas and Minutes.

Any person wishing to address the City Council on any matter, whether or not it appears on the agenda, may do so under the Public Communications portion of the agenda. Each individual is allowed five minutes to address the Council. No action will be taken on any items not on the agenda.

Development Committee Meetings are held at 7:30 p.m. on the second Monday of every odd-numbered Month (January, March, May, July, September, and November).

Traffic and Safety Committee Meetings are held quarterly at 6:00 p.m. on the fourth Monday of January, April, July, and October.

Community Activities & Beautification Committee Meetings are held at 6:30 p.m. on the second Tuesday of every month, September – June.

All meetings are held in the City Council Chambers at City Hall, located at 7822 Walker Street.

La Palma City Council

Steve Shanahan
Mayor

Ralph Rodriguez
Mayor Pro Tem

Henry Charoen
Councilmember

Larry Herman
Councilmember

Mark Waldman
Councilmember

A Message from the City

Springtime is upon us, a time to enjoy warm weather and, for many, an opportunity to spruce up our homes and gardens and do some much needed spring cleaning. To assist homeowners in this effort, the City has scheduled the Annual Bulky Item Spring Clean-up during the week of April 26 – April 30. On regularly scheduled trash collection days, large household and yard items will also be collected. For specific details, please see the article on Page 6. For those items that aren't eligible for pick-up, look on Page 8 for local businesses that accept e-waste such as batteries and fluorescent light bulbs.

As part of your garden improvements, don't forget that your home may be eligible to receive a \$75 rebate for planting new trees as part of the Residential Tree Planting Rebate Program; further information can be found on Page 8. After all of the hard work sprucing up your homes and neighborhoods, consider nominating a neighbor for a Home Spotlight Award. Each quarter a home is selected by the La Palma Community Activities & Beautification Committee, recognizing property upkeep, green efforts, and overall appearance. Selected homes will be featured in future issues of the *La Palma Mosaic*.

The City of La Palma is also focusing on aesthetic improvements throughout the City. At their meeting on February 16, the La Palma City Council awarded a contract to begin painting arterial block walls throughout the City. While these walls are private property, the City as a whole will benefit from the face lift.

In addition to block wall aesthetics, the City Council updated the seven-year Pavement Management Plan and set a goal for a Pavement Condition Index (PCI) score of 75 or higher, which is considered "Very Good" for pavement quality. The PCI scores range between 0 and 100; a PCI rating of "0" corresponds with badly deteriorated pavement with virtually no remaining life, while a PCI rating of "100" would correspond to pavement with a proper design and construction at the beginning of its life cycle. The City's current overall PCI average for residential streets is 63 and reaching a PCI of 75 in the next 7 years is a reasonable short-term goal.

Regardless of how big or small your spring cleaning projects are, all of these efforts will improve our homes, neighborhoods and the entire City! Happy Spring!

Calendar of Events

April

- 3 Teen Flashlight Egg Hung – 8:00 p.m.
Arnold/Cypress Park
- 5 Summer Volunteer Applications Available
- 6 City Council Meeting – 7:00 p.m.
- 17 Teen “Mardi Gras” Dance – 7:00 p.m.
La Palma Community Center
- 20 City Council Meeting – 7:00 p.m.
- 22 Earth Day
- 26 Club La Palma Summer Day Camp
Registration Begins
- 26-30 Bulky Item Spring Clean-Up
- 28 State of City Luncheon – 11:30 a.m.
La Palma Community Center



May

- 1 Teen Battle of The Bands 6:00 – 10:00 p.m.
Central Park Amphitheater
- 4 City Council Meeting – 7:00 p.m.
- 9 Mother’s Day
- 14 Summer Volunteer Applications Due
- 15 Armed Forces Day
- 18 City Council Meeting – 7:00 p.m.
- 31 Memorial Day, City Offices Closed
City Hall Ceremony – 9:15 a.m.



June

- 1 City Council Meeting – 7:00 p.m.
- 5 Teen “Aloha” Dance – 7:00 p.m.
La Palma Community Center
- 14 Flag Day
- 20 Father’s Day
- 21 Summer Begins
- 15 City Council Meeting – 7:00 p.m.



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Recap, December 2009 and January and February 2010

The City Council meets on the 1st and 3rd Tuesdays of each month at 7:00 p.m. in the Council Chambers at City Hall. The public is always invited to attend; additionally, meetings are audio-cast live on the City's website at www.cityoflapalma.org/media. Please note that this recap is a summary only and additional items may have been discussed and/or approved. For a complete copy of the approved minutes, please visit the City's website at www.cityoflapalma.org/minutes.

December 1, 2009

Approved a property tax exchange agreement between the City of La Palma and the County of Orange with regard to the detachment of certain territory within the City of La Palma from the Cypress Recreation and Park District (CRPD). The detachment of this area from the CRPD will result in approximately \$13,000 annually of additional property tax revenue to the City of La Palma.

Adopted Interim Ordinance 2009-07 which prohibits the processing or approval of Development Entitlements, Permits, or Approvals on designated properties in the Neighborhood Commercial (NC) Zone. The City continues to study possible changes and amendments to the City's Zoning Code; therefore, it is appropriate to suspend the issuance or processing of any land use approvals or building permits for banks and financial institutions, check cashing services, pawn shops, carwashes, or liquor stores pending completion of the study.

Provided direction with regard to lattice and other extensions on block wall segments fronting major arterial streets in La Palma. By consensus, the City Council directed Staff to paint the block walls and prepare an Ordinance which will allow lattice extensions and vine growth on the walls; approved the paint color of "Totally Tan;" ensured that any health and safety issues are addressed prior to block wall painting; and stated a desire to see housing tract signs on block walls either upgraded or removed.

December 15, 2009

The City Council conducted its annual reorganization and selected Steve Shanahan as Mayor and Ralph Rodriguez as Mayor Pro Tem.

The Community Development Commission (CDC) received and filed the annual financial and compliance audit reports; and the annual Redevelopment Agencies Financial Transactions Report of the CDC for the fiscal year ended June 30, 2009. The City Council received and filed the Comprehensive Annual Financial Report (CAFR) of the City of La Palma for the fiscal year ended June 30, 2009. Both documents are available for viewing on the City website at www.cityoflapalma.org/finance.

Authorized the submittal of a California Energy Commission's Energy Efficiency and Conservation Block Grant (EECBG) to request approximately \$85,346 in Federal funding. The funds would be used for the proposed retrofitting of light fixtures at City Hall, the Community Center, the Police Department, and at City Yard facilities with energy efficient light fixtures and to replace an air conditioning unit at the Police Department to reduce the City's energy consumption.

Approved and authorized the Mayor to execute a revised Agreement with the Southeast Area Animal Control Authority (SEAACA) for the provision

of Animal Care Services, beginning January 1, 2010, through June 30, 2014. Also adopted an Ordinance repealing and replacing in its entirety Chapter 5 (Animal Control) of the La Palma City Code consistent with SEAACA's Model Animal Control Ordinance.

January 5, 2010

The City Council recognized the 2009 Employees of the Year. Maintenance Supervisor, David Gaudio, was selected Supervisor/Professional Employee of the Year. Administrative Secretary, Kimberly Kenney was selected as the General Employee of the Year.

Appointed members to External Committees and Internal Subcommittees as follows: Mayor Shanahan as the California Joint Power Insurance Authority representative and Councilmember Herman as the alternate; Councilmember Charoen as the Orange County Fire Authority representative and Mayor Pro Tem Rodriguez as the alternate; Mayor Pro Tem Rodriguez as the Orange County Library Advisory Board representative and Mayor Shanahan as the alternate; Councilmember Waldman as the Orange County Sanitation District representative and Councilmember Charoen as the alternate; Councilmember Waldman and Mayor Shanahan as the Student Recognition Awards representatives; and Councilmember Herman to a two year term as the representative for the Orange County Vector Control District (OCVCD).

Approved and authorized the Mayor to execute a five year extension to a Jail Services Agreement with the City of Buena Park. The purpose of this agreement is to provide La Palma Police with an alternative to booking prisoners at the Orange County Jail. Booking prisoners at the Buena Park Police Department allows La Palma Officers to transport and house prisoners much quicker and allows Officers to return to the City in a timely manner.

Approved a Resolution awarding a contract in the amount \$65,235, to Dynalectric of Los Alamitos, and authorized the Mayor to execute the Agreement for the Traffic Signal Modification Project, Walker Street at John F. Kennedy High School. This project will involve the removal of the existing pedestrian ramps, crosswalk, and pedestrian signal improvements; and the installation of new ramps, crosswalk, and pedestrian traffic signal improvements 40 feet south of the existing improvements that conform to current standards.

Approved a Resolution awarding a contract in the amount of \$242,000 to the low responsible bidder, Hardy & Harper, Inc., of Santa Ana, for the rehabilitation of Orangethorpe Avenue from the west City Limits at Moody Street to the east City Limits at Valley View Street. Funds for this project were obtained from the American Recovery and Reinvestment Act (ARRA), otherwise known as Federal stimulus funds.

Appointed Henry Lee and Duane Lowe to the Development Committee; both with four-year terms expiring December 31, 2013. Appointed Cheody Fortunato and Linda Houston to the Community Activities and Beautification (CAB) Committee; both with four-year terms expiring December 31, 2013. Appointed Kevin Hsiao as a Youth Member to the Community Activities and Beautification Committee with a term expiring August 31, 2010.

Approved the Master Plan for Curbs, Gutters, and Sidewalks, dated December 2009. The Master Plan defines an adequate level of service with the intent to maximize the safety of the public free of tripping hazards, for gutters to drain properly, and includes an assessment of the City's Americans with Disabilities Act (ADA) improvements (ramps) Citywide. The Master Plan indicates that approximately \$100,000 annually is necessary to repair/replace damaged curb, gutter, and sidewalk areas and additional \$215,000 annually is needed for the installation of missing ADA improvements.

Conducted a study session regarding the Water and Sewer Rate Fee Study. The City Council agreed to conduct an additional public meeting (held February 9) to explain the proposed water rate increases and provide greater details of how resident's bill would be increased. See related story on Page 8.

January 19, 2010

The City Council recognized outgoing committee members, Richard Daum, Wendy Huang, and Susan Kim from the Community Activity and Beautification Committee; and Gerald Grimaldi from the Development Committee.

Approved and authorized the City Manager to execute an agreement with Municipal Code Corporation for codification services. The City Code has not been substantially reviewed or re-codified since 1976. A re-codified City Code will remove outdated references and obsolete language as well as provide greater legal protection to the City with the adoption of updated laws.

Received a presentation and report on the draft Parks and Recreation Master Plan; provided direction and modifications for the final Master Plan; and adopted a Resolution approving the submittal of State Park Funds (Proposition 84) grant application. See related story on Page 4.

January 25, 2010

The City Council conducted a goal setting session with the City Manager. The priority goals are to: strive for financial stability in the future; revisit the Civic Center project; develop/improve underutilized retail properties; and pursue joint use agreements with each School District. See related story on Page 4.

February 2, 2010

Adopted a Resolution approving sponsorship of the Cypress College Foundation Americana Awards at the Benefactor Level, and authorized the distribution of tickets to City officials and City volunteers to attend the event. The event was held Saturday, February 20, at the Disneyland Hotel Grand Ballroom and honored Kenneth Blake as La Palma's Citizen of the Year.

Adopted a Resolution in support of the Local Taxpayer, Public Safety, and Transportation Protection Act of 2010 and authorized the listing of the City of La Palma in support of the initiative. The initiative is intended to close loopholes and change the State's Constitution to further prevent the State from seizing, shifting, borrowing, suspending, or otherwise interfering with tax revenues dedicated to funding local government services, including transportation improvement projects and mass transit.

The City Council discussed the updated seven-year Pavement Management Program. The City Council agreed that a Pavement Condition Index (PCI) score of 75 or higher should be the goal for the City's arterial and residential streets; to annually budget \$700,000 for the pavement management program; and to follow the proposed zones as recommended by staff.

February 16, 2010

Awarded a contract in the amount not to exceed \$65,000, to Industry Coatings Co. of San Pedro for the Arterial Block Wall Painting. The project consists of the preparation and painting of the existing block walls located on arterial streets Citywide.

The City Council received the Second Quarter Financial Report for Fiscal Year 2009-10. Current revenue projections through the end of the Fiscal Year anticipate a \$436,800 deficit, of which \$277,000 will be repaid in Fiscal Year 2012-13 with 2% interest. The City Manager has ordered staff to curtail expenditures and explore savings where possible without affecting service levels.

Authorized and appropriated \$9,500 from the City's General Fund Reserve to cover the costs associated with the installation of traffic improvements at the crosswalk area at Crescent Avenue/Watson Street; and a striping/sidewalk improvement enhancement at Amberwood Avenue/Suffield Street.



La Palma Adopts Goals for 2010

Recently, the La Palma City Council conducted its annual goal setting session. After a full day of discussions, the City Council adopted four priority goals for the year. The priority goals are to: strive for financial stability in the future; revisit the Civic Center project; develop/improve underutilized retail properties; and pursue joint use agreements with each School District.

Each of these priority goals includes a series of specific action items that City departments have begun to pursue and will follow throughout the year. Some of the key action items include: developing a comprehensive infrastructure needs assessment; establishing a timeline and direction for the Civic Center Project; exploring aesthetic enhancements to key corner properties; and discussing program/infrastructure needs with each School District.

A complete listing of the goals and the related action items can be found on the City's website at www.cityoflapalma.org/goals.

La Palma City Council Considers Comprehensive Parks & Recreation System Master Plan

In a continuing effort to finish their number one goal for 2009, the La Palma City Council reviewed the initial Master Plan findings and conceptual Central Park site plan at their January 19 meeting. After public and Council comments, staff was directed to proceed with finalizing the Master Plan for adoption and to seek grant funding under California Proposition 84 for Central Park improvements. A copy of the conceptual plan is at the right. A detailed version is available at www.cityoflapalma.org.



Legend

- | | | | |
|--------------------------------|--|----------------------|---|
| ① Exercise Station (5) | ⑥ Demonstration Garden with Shaded Seating | ⑩ Softball Relocated | ⑮ Dry Riverbed/Stormwater Collection |
| ② Picnic Table w/ Pad (6) | ⑦ 5-12 Play Area | ⑪ Enhanced Seating | ⑯ Enhanced Paving Connection to City Hall |
| ③ Picnic Structure (3) | ⑧ Splash Pad | ⑫ Enhanced Entry #1 | ⑰ Shade Sails |
| ④ Reflection Garden | ⑨ 2-5 Play Area | ⑬ Enhanced Entry #2 | ⑱ Grass Volleyball Courts |
| ⑤ Overflow Parking (28 spaces) | | ⑭ Restroom | ⑲ Bleachers (2) |

**This element is for later development*

Community | Get Involved

Census 2010

Every 10 years since 1790, the U.S. Census has conducted a nationwide count of every resident in the United States. The U.S. Census is required by the Constitution, and serves as an important tool for allocating resources across the United States.

The 2010 Census will help communities receive over \$400 billion in federal funding each year for things like hospitals, schools, job training centers, senior centers, emergency services, and public works projects.

California Census Facts

The 2000 Census found 33.9 million people in California. It is estimated that California's population will exceed 38 million in 2010. More than \$435 billion per year is distributed by the federal government to States based on Census driven funding formulas. California's share in the 2007 fiscal year was approximately \$41 billion.

The data collected by the Census also helps determine the number of seats California has in the U.S. House of Representatives. For the first time in the State's 160 year history, California may lose an existing congressional seat if we do not have a complete count in 2010. California could lose billions of dollars in federal funding and approximately \$3,000 per year for each Californian not counted in the 2010 Census.

The Census Process

Census forms will be delivered in March to every residence in the United States and Puerto Rico. When you receive yours, just answer the 10 short questions and then mail the form back in the postage-paid envelope provided.

On Census Day, April 1, 2010, the U.S. Census Bureau will send reminder postcard and a replacement questionnaire if you have not sent back the original form. The U.S. Census Bureau will send out census takers to go door-to-door and fill-in questionnaires for households that did not respond. If you don't mail the form back, you may receive a visit from a census taker.

La Palma Days Seeking Volunteers

After the success of the La Palma Days 25th Anniversary Celebration last November, it's already time to start planning this year's event scheduled for Saturday, November 13. The La Palma Recreation and Community Services Department is actively seeking creative, energetic, and dedicated community members to assist in the planning for the various components of the event. Committees include Parade, Activities, Entertainment, Historical and Cultural, and the La Palma Pageant. If any of these are of interest to you, please call (714) 690-3350.



SEAACA Open House – Wednesday, April 7

The Southeast Area Animal Control Authority (SEAACA), which began providing animal control and sheltering services for the City of La Palma on January 1 2010, will hold an Open House on Wednesday, April 7, 6:00 p.m. to 8:00 p.m., at the SEAACA Animal Care Center – 9777 Seaaca Street, Downey. The event is open to La Palma residents, business owners and anyone interested in the agency. The event will include animal care center tours, refreshments, vehicles on display and opportunities to meet and greet with SEAACA staff and volunteers.

"We're excited to welcome everyone from the City of La Palma and to show them our animal care center in a more personalized setting," said Dan Morrison, Executive Director of SEAACA.



La Palma's Fitness Run for Fun Volunteers Needed



It's not too soon to be thinking about the 4th of July Fitness Run for Fun! The La Palma Recreation and Community Services Department has already begun planning this popular community event—and we need your help!

La Palma's Fitness Run for Fun attracts participants from all over Southern California. To keep this competitive crowd moving around the beautiful 3.1 mile course takes over 150 volunteers. WE NEED YOU!

This year the Run starts at 7:30 a.m. sharp on Saturday, July 3rd. What a healthy way to start Independence Day with your family, friends, and neighbors, cheering the competitors on, sharing a pancake breakfast, and being a vital part of making this great event successful! Many volunteer opportunities are available. Call the La Palma Recreation and Community Services Department at (714) 690-3350.

Community | Pride

Home Spotlight

This spring's Home Spotlight Award goes to Mary Van Der Lubbe who resides at 7971 Comstock Circle. Mary has lived in La Palma since 1975. To become more environmentally friendly, she has removed a pool and installed an above ground spa. In addition, Mary has replaced natural grass with turf in both the front and back yards to save water, and has done some remodeling to the side of her home to bring it up-to-date.

Our congratulations go out to Mary Van Der Lubbe for being the Spring 2010 Home Spotlight Award winner. Thank you for keeping La Palma beautiful and environmentally friendly!



Each quarter a home is selected by the La Palma Community Activities & Beautification Committee to receive the La Palma's Home Spotlight Award. The award recognizes property owners that have excelled with the upkeep and appearance of their property. Do you know a home that you think should be considered for this award? If so, please call (714) 690-3350 or email recreation@cityoflapalma.org

Annual Spring Clean-up:

April 26 – April 30

The "Annual Bulky Item Spring Clean-up" for large household and yard items will be conducted the week of April 26 through April 30, 2010. Collection will occur on your normal trash collection day. All items will be collected at the curb. While this clean-up event includes most large or bulky items, please note that the following types of items cannot be collected:

- Tree branches longer than four feet (please cut them down to smaller sizes).
- Construction materials including: concrete, asphalt, dirt, rocks, sod, etc.
- Automobile-related items including: motor oil, auto parts, engines, tires, etc.
- Household hazardous waste including: all batteries, fluorescent light bulbs, paints, pesticides, etc.
- E-Waste items including: TVs, computers, monitors, VCR/DVD players, etc.

For information regarding the proper disposal of Household Hazardous Waste or E-waste items, please visit the City's website at www.cityoflapalma.org/recycling or call (714) 834-6752. If you want to know whether a specific item can be collected as a part of this clean-up event or if you have questions about your weekly trash collection, please call Park Disposal directly at (714) 522-3577.

Annual High School Awards

Each year, the La Palma City Council recognizes four graduating high school seniors who are La Palma residents. Students must demonstrate outstanding conduct in activities that serve the community or the City of La Palma. Each award recipient receives a framed City proclamation and receives a \$500 scholarship.

Applications for the 2010 La Palma Scholarship Program are now available at La Palma City Hall or contact your senior school counselor for more information. Completed applications are due to City Hall no later than Monday, May 3, 2010.



Spring Into Cleaning

Along with the colorful flowers and verdant hillsides, this season brings forth brooms and dustpans for spring-cleaning. While everyone loves a clean home, it is important to remember that some household materials are hazardous to our environment and must be handled properly.

Leftover household materials such as paint, antifreeze and cleaning supplies that contain corrosive, toxic, flammable, or reactive ingredients are hazardous to the environment. Never dispose of these materials in the gutter, street, storm drain, sewer, or trash.

Water from rain or urban runoff will carry these materials down the storm drain where they will flow untreated directly to our creeks, rivers, bays, beaches and ocean.

While not always immediately obvious, the dangers of improperly disposing of household hazardous waste can cause physical injury to sanitation workers and could contaminate wastewater treatment systems if poured down the drain or flushed down the toilet. Placing these materials in the trash can also be dangerous for the environment because they will be sent to a landfill, where they could contaminate our groundwater.

Proper disposal of these hazardous materials is easy. Hazardous materials should be taken to a Household Hazardous Waste (HHW) Collection Center. Centers are located in Anaheim, Huntington Beach, Irvine and San Juan Capistrano and offer free disposal.

Many of the Orange County HHW centers have "Stop & Swap" programs that allow you to drop off and pick up partially used home, garden and automotive care products at no cost.

When spring-cleaning is completed, make sure that all cleaning materials are closed, labeled and stored indoors or under cover.

For more information, or to get directions to the HHW collection center nearest you, please call (714) 834-6752 or log on to www.oclandfills.com.

By following these simple steps, we can keep both our home and our environment clean!

To learn more about pollution prevention, contact the Orange County Stormwater Program at www.ocwatersheds.com.



Household Hazardous Materials Include:

- Paint
- Batteries
- Paint thinners
- Adhesives
- Drain openers
- Oven cleaners
- Wood and metal cleaners and polishes
- Pesticides and insecticides
- Automotive fluids and materials
- Grease and rust solvents
- Thermometers and other materials contain mercury
- Fluorescent lamps
- Cathode ray tubes (CRTs), e.g., televisions, computer monitors
- Pool and spa chemicals

Submit Your Photos

Do you have digital photographs that you would like to submit for publication in the La Palma Mosaic? If so, you can email them to recreation@cityoflapalma.org. For additional information, please call (714) 690-3350.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured
- The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation." Thank You!

Residential Tree Planting Rebate Program

The Residential Tree Planting Rebate Program was created to encourage residents to plant new trees in their front yards. The program is aimed at increasing the aesthetics and attractiveness of La Palma's single family residential neighborhoods, providing for potential energy savings, and adding to the City's urban forest. The new program is a partnership with Southern California Edison, who has agreed to provide initial funding for the program. Residents of single family detached homes throughout the City can apply for a one-time rebate of up to \$75 for the cost of the trees, including planting and staking materials. The homeowner must purchase and plant the trees following the City's established guidelines and be responsible for all future maintenance and care of the trees. Interested residents can visit City Hall or access the City's website at www.cityoflapalma.org to get further information about the program, including an application and program guidelines. If you have questions about the program, please contact the City's Community Development Department at (714) 690-3340.

Building Permit Fee Holiday Continues

The Permit Fee Holiday Program was created to encourage and promote investment and improvements to existing single family residential properties throughout the City. As July 1, 2009, all City charged permit fees for building, planning, and related public works permits will be waived for existing single family residential home remodels, additions, or improvements. Residents are encouraged to take advantage of this opportunity and consider completing resource saving "green improvements" such as changing out old windows, installing tankless water heaters, or adding skylights. Fees charged by other agencies and collected by the City on their behalf are not eligible under the program. A homeowner can expect to save approximately \$1,647 in plan check and permit fees for a typical 360 square foot master bedroom and bathroom addition. This program is expected to run through June 30, 2010; however, funding is still available but is limited to the first \$50,000 in permit fees. Residents are encouraged to take advantage of the program now. For further information, please contact the Community Development Department at (714) 690-3340.

Free Universal Waste Recycling Program

The City of La Palma offers residents a free local Universal Waste Recycling Program for household batteries and fluorescent light bulbs, including compact fluorescent lights (CFLs).

The program is funded by a grant from the County of Orange, in partnership with the cities of Cypress, Los Alamitos, and Stanton. Residents can drop-off all household batteries (no vehicle batteries) at La Palma City Hall in the designated "battery box". Additionally, small bags are available to store batteries or CFLs until they can be properly recycled. Please note, all fluorescent light bulbs (including CFLs) must be recycled at one of the following commercial locations:

Ganahl Lumber, 10742 Los Alamitos Boulevard, Los Alamitos
Jiffy Lube, 4942 Lincoln Avenue, Cypress
Jiffy Lube, 3311 Katella Avenue, Los Alamitos
True-Value Hardware, 7612 Katella Avenue, Stanton

Should you have any additional questions regarding this local universal waste recycling program, please contact the recycling coordinator at (714) 690-3337.



2010 La Palma State of the City Luncheon

featuring

Mayor Steve Shanahan
Wednesday, April 28, 2010
11:30 a.m.

La Palma Community Center
Royal Palm Room

For further information and to purchase tickets, please contact the City at (714) 690-3300.

Child Car Seat Inspections Now Available in La Palma

The La Palma Police Department is now offering free child car seat installation demonstrations and inspections. An improperly installed child car seat dramatically increases the risk of injury to a child during an automobile accident and, statistically, 90% of child car seats are used incorrectly. This free program involves a trained police department employee demonstrating and/or inspecting the proper installation of a child car seat based on manufacturer specifications.

To schedule a child car seat installation demonstration and/or inspection and to receive literature about car seat safety, please call (714) 690-3337 for an appointment.

Upcoming in Summer

2010 Summer Sizzling Specials Sneak Peak

Summer is just around the corner and so are our ever popular camps and swimming lessons. We have something to keep every child active this summer from all-day camps, specialty camps, sports camps, and swim lessons.

Specialty Camps

Does your child have a special interest such as science or does he/she have a curious side to them. If so we have the camps for them! Look for camps based on fantasy, magic, animals, and more. These one week camps spread throughout the summer are sure to fill up fast and will be sure bets with your child.

Sports Camps

Get your child ready! This summer we will have a variety of sports camps lined up. From enhancing skills in their favorite sport or trying something new, these camps will keep your child active!

Swimming Lessons

This popular activity is a great way to build your child's confidence while they learn the basics of swimming. Again, we will be teaming up with the City of Los Alamitos to offer swimming lessons for all ability levels. The lessons will again be held at the USA Water Polo National Training Center located at the Joint Forces Training Base. These classes have low instructor student ratios in order to provide a safe and nurturing environment where each child can learn to be safe in the water.

Community Meeting Held on Proposed Water Rate Increases

On February 9, the City of La Palma conducted a community meeting to discuss the results of a recently completed water and sewer rate study, which recommends increasing rates and implementing a tiered water rate structure. The tiered rate structure is intended to help encourage water conservation by charging higher rates for increased levels of consumption. Depending on which rate model is ultimately selected, the typical residential customer in La Palma would pay between 13% and 30% more per month for water.

The City of La Palma's current water and sewer rates were established in 2005 and have not been increased since then. Over the last five years, wholesale water costs have increased approximately 50%. Further, the water and sewer study also noted that it will be necessary to complete significant capital improvement projects in the coming years.

The City Council will be discussing the proposed increases at the March 16 City Council meeting. It is expected that the City Council will set a public hearing date to formally adopt the new rates. All effected residents will be notified by mail of the public hearing. For the latest information about the proposed water and sewer rates, please visit the City's water rate website at www.cityoflapalma.org/water.





Activity Guide

Preschool / Toddlers

Tiny Tots

Age: 3 – 5

Certified preschool instructor and National Association for the Education of Young Children (NAEYC) member Nancy Brewer teams up with a recreation staff aide to teach our enrichment program for potty-trained 3- to 5-year-olds. NAEYC is the world's largest organization working on behalf of young children. The Tiny Tots program is dedicated to improving the well-being of all young children, with a focus on educational and developmental skills. These skills are taught through games, stories, crafts, physical fitness activities, and playtime. Each 7-week session will also include a parent-participation excursion to a local place of interest. EACH CHILD MUST BE ABLE TO COMPREHEND AND SPEAK ENGLISH IN ORDER TO BE ADMITTED INTO CLASS.

The Tiny Tot program is held 5 days a week:

Monday/Wednesday/Friday will be geared to the older 4- and 5-year-olds preparing for Kindergarten.

Tuesday/Thursday will be geared for the newer and younger 3- and 4-year-olds.

AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, APRIL 17, 2010 (RESIDENTS @ 10:00 A.M. AND NON-RESIDENTS @ 10:30 A.M. PLEASE DO NOT LINE UP BEFORE 8:00 A.M.), parents may register for ONE CLASS ONLY, and may request to be placed on the waiting list for the other class. Registrations are first come, first served. SPACES ARE LIMITED; BE AWARE THAT PARENTS OFTEN LINE UP EARLY FOR THIS CLASS. La Palma residents must bring proof of residency and the child's birth certificate to register at 10:00 a.m. There is a MANDATORY parent meeting for new registrants on Saturday, April 17 at 11:00 a.m.

IF CLASS MINIMUM OF 12 PARTICIPANTS IS NOT MET, THE CLASS WILL BE CANCELLED!

Classes begin the week of April 26

Fees: \$122 for 7 weeks on M W F \$93 for 7 weeks on T T H
(Each class is limited to 24 students)

Payments: Although you may pay for the entire Tiny Tot session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment is due at the time of registration. The second payment is due by Friday, May 14.

Instructor: N. Brewer Location: Pygmy Date

Code	Days	Dates	Time	Fee/Weeks
6721	MWF	4/26-6/11*	9:00-12:00 p.m.	\$122 / 7
6722	TTH	4/27-6/10	9:30-11:30 a.m.	\$93 / 7

*No class on 5/31

Kids Love Music

Age: 4 mos – 4 yrs

Join us for an interactive, fun time with your child exploring, singing, dancing, puppet play, rhythm instruments and instrumental jam sessions. Along the way experience creativity, and social, cognitive and motor development. Classes for Kids: 1 – 4 yrs, Toddlers: 1 – 2 yrs and Babies: 4 – 14 mos. An optional \$20 materials fee is payable to the instructor at the first class meeting for a music CD, rhythm band instrument, and a song sheet. Adult participation required. Visit us online: www.KidsLoveMusic.net.

This class is co-sponsored with Cypress Recreation, and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: G. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
6725	1-4	W	4/7-5/5	9:00-9:45 a.m.	\$55 / 5
6726	1-2	W	4/7-5/5	10:00-10:30 a.m.	\$55 / 5
6727	4-14 mos	W	4/7-5/5	10:45-11:15 a.m.	\$55 / 5
6728	4-14 mos	TH	5/20-6/17	3:00-3:30 p.m.	\$55 / 5
6729	1-4	TH	5/20-6/17	3:45-4:30 p.m.	\$55 / 5
6730	1-4	TH	5/20-6/17	4:45-5:30 p.m.	\$55 / 5

Parent and Me: Growing and Learning Together

Age: 1 1/2 – 5

Parents and children have a great time as they prepare for pre-school and kindergarten. We play, sing during "circle time", dance and pop bubbles! We build our motor skills through art by painting, gluing, cutting, coloring and collage. We also work on our listening and language skills by sharing a book each week. Join us and get ready for fun while growing and learning together! Caregiver participation is required. \$3 material fee is payable to the instructor at the first class.

Instructor: J. Longo

Location: Sago Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6731	1 1/2-3	TH	4/15-6/3	9:30-10:30 a.m.	\$56 / 8
6732	2 1/2-5	TH	4/15-6/3	10:45-11:45 a.m.	\$56 / 8

Young Rembrandts: Preschool Drawing Class

Age: 3 1/2 – 5

Preschoolers are eager to learn and a joy to teach. Through Young Rembrandts we teach children how to draw, the fundamental skill of all visual arts using a sequential and ordered process. We will be drawing animals, seasonal scenery, and still lives. Give your child a head start in being handwriting ready by developing his/her fine motor skills. A new lesson offered each week.

Instructor: Young Rembrandts Staff

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6735	W	4/7-5/5	3:30-4:15 p.m.	\$60 / 5
6736	W	5/12-6/9	3:30-4:15 p.m.	\$60 / 5



Youth

Itsy Bitsy Sports: Basketball

Age: 3 – 5

SWISH!!!!!! La Palma's little folks are getting an early jump on enjoying the benefits of being physically fit through sports-related activities. These activities provide fun, teamwork and learning to get along with others. Tennis shoes and comfortable clothes recommended for each practice.

Instructor: D. Plunkett

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6738	M	4/19-5/17	2:00-3:00 p.m.	\$30 / 5
6739	M	5/24-6/28*	2:00-3:00 p.m.	\$30 / 5

*No class 5/31

Anaheim Ice Parent & Me Skating

Age: 3 – 5

A great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm. This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6740	T	4/6-4/27	12:30-1:00 p.m.	\$39 / 4
6741	SAT	4/10-5/1	11:45-12:15 p.m.	\$39 / 4
6742	T	5/4-5/25	12:30-1:00 p.m.	\$39 / 4
6743	SAT	5/8-6/5*	11:45-12:15 p.m.	\$39 / 4

*No class 5/29

Anaheim Ice Skating for Tots

Age: 3 – 5

Join the fun at Anaheim ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Class includes skate rental, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6744	W	4/7-4/28	4:30-5:00 p.m.	\$39 / 4
6745	SAT	4/10-5/1	10:15-10:45 a.m.	\$39 / 4
6746	W	5/5-5/26	4:30-5:00 p.m.	\$39 / 4
6747	SAT	5/8-6/5*	10:15-10:45 a.m.	\$39 / 4

*No class 5/29

Pee Wee Hits

Age: 4 – 7

Batter Up! La Palma Recreation is seeking Pee Wees to step up to the plate for our two-days-per-week baseball clinic. Our Pee Wee clinic is designed for the needs of boys and girls 4 to 7 years of age. Our trained recreation staff will coach your Pee Wee in the fundamentals of baseball, while supporting and encouraging the health and well being of each participant through developing hand and eye coordination, increasing physical endurance, encouraging mental and social development, emphasizing teamwork, and creating positive memories in a safe environment. Children of all abilities and skill levels are encouraged to join! All participants receive a team T-shirt, hat, and a recognition party at the end of the season! Registration begins May 3! The season begins June 21. A separate registration form is required.

Instructor: Recreation Staff

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6925	MW	6/21-8/11	4:45-6:00 p.m.	\$75 / 8

Creative Ballet and Tap

Age: 4 – 7

The self-discipline of Tap and Ballet can improve focus and concentration in school and other sports. Dancing is a legitimate form of exercise and an educational quest which promotes the joy of self-expression. Students will learn classic positions, jumps, turns, and dances. This is an excellent way for your child to gain confidence, poise and increase flexibility. Ballet and tap shoes required.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6748	T	4/6-4/27	4:30-5:30 p.m.	\$35 / 4
6749	T	5/4-5/25	4:30-5:30 p.m.	\$35 / 4
6750	T	6/1-6/29*	4:30-5:30 p.m.	\$35 / 4

*No class 6/8





Activity Guide

Youth

Ballet, Jazz and Tap

Age: 7 – 11

The self-discipline of Ballet, Tap and Jazz can improve focus and concentration in school and sports. This fun, but educational class, is an introduction to basic concepts in tap and ballet. Posture, flexibility, musicality and integration of basic movements will be covered. Ballet and Tap shoes required.

Instructor: A. Valley

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6751	T	4/6-4/27	5:30-6:30 p.m.	\$35 / 4
6752	T	5/4-5/25	5:30-6:30 p.m.	\$35 / 4
6753	T	6/1-6/29*	5:30-6:30 p.m.	\$35 / 4

*No class 6/8

Beginning Piano

Age: 6 – 14

Students will have fun learning the basics of playing the piano. Class size is small and focuses on learning to read music notes and rhythms which lead to playing simple songs. This class is a good way to find out if your child is ready for and/or interested in piano lessons. At the end of the session each student will be able to move to the next level of piano. Instructor will inform students on first day where to purchase music books. A \$10 material fee (cash only) is payable to the instructor on the first day of class.

Instructor: The Music Academy

Location: Fan Palm

Code	Age	Days	Dates	Time	Fee/Weeks
6754	6-7	M	4/5-5/3	3:00-3:50 p.m.	\$50 / 5
6755	8-14	M	4/5-5/3	4:00-4:50 p.m.	\$50 / 5
6756	6-7	M	5/10-6/14*	3:00-3:50 p.m.	\$50 / 5
6757	8-14	M	5/10-6/14*	4:00-4:50 p.m.	\$50 / 5

*No class 5/31



Arts and Crafts For Kids

Age: 5 – 12

This class offers children a way to harness their creativity into making unique crafts out of different kinds of recycled materials. Children will learn and improve their painting, drawing, cutting and gluing skills as well. A \$10 material fee is payable to the instructor on the first day of class.

Instructor: Recreation Staff

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6758	M	4/12-5/10	5:00-6:00 p.m.	\$30 / 5
6759	M	5/17-6/14*	5:00-6:00 p.m.	\$24 / 4

*No class 5/31

Young Rembrandts: Elementary Drawing Class

Age: 6 – 13

Your child will be creatively stretched by drawing and coloring still lifes, portraits, and landscapes. We teach children how to draw and refine their fine motor skills. An art history lesson is included each month. Children learn to: stay on-task, pay attention to detail, expand their art vocabulary, and develop spatial/organizational skills. No experience is necessary. Hurry, space fills fast. A new lesson is offered each week.

Instructor: Young Rembrandts Staff

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6760	W	4/7-5/5	3:30- 4:30 p.m.	\$60 / 5
6761	W	5/12-6/9	3:30- 4:30 p.m.	\$60 / 5

Kids Cooking Class

Age: 7 – 12

This class teaches children the basic skills needed to work in the kitchen in a fun, safe and clean environment where children can learn to make their favorite foods like pizza, spaghetti, cupcakes and more! A \$15 material fee is payable to the instructor on the first day of class.

Instructor: Recreation Staff

Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
6763	TH	4/15-5/13	5:00-6:30 p.m.	\$35 / 5
6764	TH	5/20-6/17	5:00-6:30 p.m.	\$35 / 5

Register online at your convenience, 24 hours a day, seven days a week.



Youth

Martial Arts for Kids

Age: 5 – 8

This course will introduce very young students to the world of traditional oriental martial arts. It is a scaled back version of our regular training program; however the emphasis is in using martial art training as a way to improve discipline, to increase fitness, to learn teamwork, and to gain a positive attitude.

Choose this course for very young children who are interested in martial arts. Parents who are unsure of whether this kind of program is a good fit for their children are welcome to drop by for a free trial session and a discussion with the Chief Instructor before enrolling.

All students will be eligible to test for rank (belt) promotion during the quarterly promotion exam. Upon achieving a Yellow Belt or higher; students may be assigned to more advanced classes.

To prepare beginning students for the training, each will receive a free Taekwondo uniform after enrolling for their first session. Uniforms are provided at the class and are not available during registration.

Instructor: J. Amsell Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6765	SAT	4/3-4/24	9:00-10:00 a.m.	\$35 / 4
6766	SAT	5/1-5/29	9:00-10:00 a.m.	\$44 / 5
6767	SAT	6/5-6/26	9:00-10:00 a.m.	\$35 / 4

Lil' Tigers Karate

Age: 4 – 7

Do you want your child to be more focused? This program is developed specifically for preschool age children through age 7. It is designed to improved children's motor skills and enhances their ability to pay attention and follow directions. Children will go beyond what they think they are capable of doing by building a strong foundation in essential qualities such as courtesy, respect and discipline. Instructor is a high-ranking black belt with over 30 years of teaching experience. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6770	MW	4/5-4/28	3:30-4:30 p.m.	\$35 / 4
6771	MW	5/3-5/26	3:30-4:30 p.m.	\$35 / 4

Junior Karate

Age: 8 – 14

Karate at Martial Arts Fitness Center is an excellent confidence booster for kids. Their training will encourage them to draw on their own strengths and strive for their personal best. Students will be involved in positive activities that will direct their focus to achieve goals that may not have been thought possible. Emphasis will be on developing the child's self-esteem, self-discipline and confidence through practicing traditional karate techniques. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6773	TTH	4/6-4/29	4:30-5:30 p.m.	\$35 / 4
6774	TTH	5/4-5/27	4:30-5:30 p.m.	\$35 / 4

Junior Tae Kwon-Do

Age: 8 – 14

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges. Tae Kwon-Do at Martial Arts Fitness Center is not only a great art of self-defense but it also helps students learn self-control, improve study habits and increase their concentration skills. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6776	MW	4/5-4/28	4:30-5:30 p.m.	\$35 / 4
6777	MW	5/3-5/26	4:30-5:30 p.m.	\$35 / 4

Anaheim Ice Skating: Youth-Beginning

Age: 6 – 16

Have fun at Anaheim ICE! Beginning ice skating made fun and easy! Learn how to skate across the ice, glide on one foot, turn, stop and more. The fee includes skate rentals, lessons, free practice on day of class, and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6779	W	4/7-4/28	5:00-5:30 p.m.	\$39 / 4
6780	SAT	4/10-5/1	10:15-10:45 a.m.	\$39 / 4
6781	W	5/5-5/26	5:00-5:30 p.m.	\$39 / 4
6782	SAT	5/8-6/5*	10:15-10:45 a.m.	\$39 / 4

*No class 5/29



Activity Guide

Youth / Teens

Hockey Skating Skills

Age: 6 – 16

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey, including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Fee includes hockey skate rental, lessons, free practice on day of class and 3 additional skating passes valid during the 4-week session. Please arrive 15 minutes early to the first class and dress warm.

This class located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6783	W	4/7-4/28	6:15-6:45 p.m.	\$39 / 4
6784	W	5/5-5/26	6:15-6:45 p.m.	\$39 / 4

Drivers Education

Age: 14 – 18

Driver's education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. The course includes parental involvement, and is fun, interactive, and educational. Coursework can be completed at any time. Students may choose from an internet course or a home study course. DMV-accepted completion certificates issued upon successful completion of the course. Class does not include behind-the-wheel driving.

Meet the Contractors: AllGoodDrivers.com was created by licensed driving instructors with thousands of hours teaching classroom driver education course, behind the wheel courses, and traffic violator courses.

Our mission is to make all new drivers, good drivers, through a quality driver's education. We hope to see new drivers obtain their driver's licenses with simplicity, knowledge, and the confidence that it takes to be a safe driver on today's roadways.

Education is the key to safe and successful driving. We have spent years developing our courses, which now incorporate the highest quality materials and activities.

We feel that parents/guardians play the most important role is a students' driving education. Students cannot become experienced at what they have learned without many hours of practice.

Our courses are developed with this in mind. Using course activities and interactive observation time, we involve the parents/guardians in the learning process well before the student ever gets behind the wheel.

Instructor: T. Zertuche

Location: Home Study/Internet

Code	Class	Dates	Fee/Weeks
6785	Home Study	4/5-6/12	\$91
6786	Internet	4/5-6/12	\$75

Volunteers

La Palma Teens: Are you in need of volunteer hours? Need something to do this summer? Do you want hands on training that would benefit you for future work opportunities? The Recreation and Community Services Department is looking for responsible young youth to assist our Club La Palma Day Camp Counselors throughout the summer. At the end of the summer, each Volunteer will receive a \$200 dollar stipend after completing 200 hours of volunteer service.

In order to be considered for this job, you must be a La Palma resident between the ages of 13 through 17 and be available to volunteer approximately 20 hours per week during the summer. This program includes bi-weekly meetings where we discuss job training. Volunteer applications will be available for pick up starting April 5, 2010 and must be turned in by May 14, 2010 by 4:30 p.m. Selections are based on oral interviews. All Volunteers must be a La Palma resident and provide proof of a negative TB test. For more information please call (714) 690-3350.

Club La Palma Spring Day Camp

Monday April 5 to Friday April 9, 2010

Parents! Let Recreation staff give you a break this spring and have your children be active nearby at Central Park! Club La Palma's spring edition will keep your children busy with crafts, games, and nutritious snacks all week long! Our enthusiastic and trained Recreation staff will welcome your campers from 5 to 12 years of age, Monday through Friday from 6:30 a.m. to 6 p.m.. The all-inclusive fee of \$107 includes an excursion to Disneyland on April 8, an Intergenerational game day on April 7, daily beverages, afternoon snack and more! A special registration form is available NOW! Hurry! Spots are limited!

Club La Palma Summer Day Camp

June 21 – August 27, 2010

Our dynamic summer day camp is specially catered to working parents on a budget! La Palma Recreation's popular program is filled with action-packed activities and exciting excursions such as Disneyland and Medieval Times that will guarantee a memorable summer of fun! Club La Palma is open to all children 5 to 12 years of age, Monday through Friday from 6:30 a.m. to 6 p.m. The first day of camp is June 21 and it will run through August 27, 2010. A deposit of \$20 is required to hold your child's place each week of registration for all camp activities, including excursions and pool trips. Registration forms will be available on Monday, April 26. Reserve your space now, you won't find a better deal than this!

Fit N Fun After School Drop-In Program

La Palma Recreation and Community Services is proud to announce that our award winning afterschool drop-in program, Fit N Fun will resume after the New Year! Start the new Year off fresh and come join us for some fun! Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Staff are visiting each school three days per week. Fit N Fun is committed to enhancing interpersonal skills, increasing physical fitness levels and providing quality role models through games, crafts, fitness activities, snacks and much more! We teach kids about healthy eating through the snacks that we provide for them twice weekly. Supervision is provided from the time school ends until 3:45 p.m. Your child will develop and enhance interpersonal competence as they develop empathy, sensitivity and build long-lasting and meaningful relationships with peers and staff. We will also be providing guest speakers that will chat with your kids about sports and nutritional awareness. Don't miss out on the fun and excitement! For more information, please call (714) 690-3350.

Miller Elementary: Mondays, Tuesdays, and Thursdays

Luther Elementary: Tuesdays, Wednesdays, and Thursdays

Los Coyotes Elementary: Mondays, Wednesdays, and Fridays.



Teen Lounge

April 6 – June 17

Tuesdays and Thursdays: 3:00 p.m. – 6:00 p.m.

Fridays: 7:00 p.m. – 10:00 p.m.

Arnold/Cypress Park

8611 Watson St., Cypress

Teens! Meet us at “The Lounge” for homework help, indoor and outdoor activities, video games, open games, snacks, movies and fun times with friends.

Activities at the Lounge

Friday	April 9	BINGO
Tuesday,	May 11	Ping Pong Tournament
Thursday	June 3	Wii Tournament

TEEN EVENTS

Teen Flashlight Egg Hunt

Cypress Arnold Park

Saturday, April 3, 8:00 p.m.

FREE

Bring your friends, flashlights, and baskets. Come spend an awesome evening at The Lounge! We will be hunting for eggs in the dark.

Dances: For 6th, 7th, and 8th graders only.

Location: La Palma Community Center, 7821 Walker Street, La Palma

Time: 7:00 p.m. – 10:00 p.m.

\$6 pre-registration, \$10 at the door

Mardi Gras Dance– Saturday, April 17

This year the Cities of La Palma and Cypress will be hosting our own version of Mardi Gras with a dance party for you and all your friends. Wear your Mardi Gras Attire and win beads and glow accessories for participating in our festive activities.

Aloha Dance– Saturday, June 5

Good bye Spring. Aloha Summer!

The school year will finally be coming to a close. What better way to kick off summer than a fun filled night with dancing and friends.

Battle of the Bands

Saturday, May 1

6:00 – 10:00 p.m. at Central Park

Does your band have what it takes to win the title of our 9th annual Battle of the Bands? Applications are now available at the La Palma Community Center, 7821 Walker Street, La Palma, or at the Cypress Community Center, 5700 Orange Avenue, Cypress. Applications are due no later than Friday, April 9, 2010 by 4:30 p.m. at the La Palma Community Center. Included with your application, all demo packets must have a minimum of 2 songs (CD, videos, DVD accepted), typed appropriate lyrics, and current copies of school IDs or driver's licenses for each band member. Members must be 21 years or younger. If your band is selected to perform, there will be a \$25 participation fee due at the mandatory information meeting that will be held on Wednesday, April 21, 6:00 p.m., at the La Palma Community Center, 7821 Walker Street, La Palma. There will be a cash prize for the overall winner and an opportunity to perform at this year's La Palma Days.

Volunteer Service Hours

If you are a high school or junior high school student in need of volunteer service hours, the La Palma Recreation and Community Services Department is looking for a few good teens to assist our Spring Day Camp and Pee Wee Sports programs. Volunteer hours are limited, so make your arrangements TODAY! Please call the Recreation main line at (714) 690-3350 for additional information.





Activity Guide

Teen / Adult

Scrapbooking

Age: 16+

Scrapbooking with an interactive twist! Learn page making along with making projects you can take to the office or have in your wonderful home. A \$15 material fee is payable to the instructor at the first class.

Instructor: W. Jackson

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6787	M	4/12-5/10	6:30-8:30 p.m.	\$40 / 5
6788	M	5/17-6/21*	6:30-8:30 p.m.	\$40 / 5
*No class 5/31				

Zumba Latin Dance Fitness

Age: 18+

Zumba is a fun, high-energy, cardio workout that will help you get in great shape. You will learn salsa, merengue, cumbia, cha cha, bachata, and more. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat.

Instructor: G. Espinosa

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6789	TH	4/8-5/6	6:15-7:15 p.m.	\$45 / 5
6790	TH	5/13-6/10	6:15-7:15 p.m.	\$45 / 5

Aerobic Dancing

Age: 16+

Do you love to dance? If so, Jackie Sorensen's Aerobic Dancing is a fun fitness program for you! This original fitness program is designed to provide a heart pumping cardiovascular and muscular workout through choreographed dances. The program includes warm-up and cool-down dances, abdominal work, aerobic dances and the Vertifirm concept. Vertifirm (with optional hand-held and/or ankle weights) maximizes lower body strength and toning; it takes leg and thigh work up off the floor and combines it with upper body conditioning to burn more calories and fat. Participants should wear comfortable clothing; good jogging or cross-training shoes and bring a towel or mat.

The Monday, Wednesday and Saturday "Pay As You Go" class fee is \$6 per class. Payments: Although you may pay for the entire Aerobic session at registration, we have a payment schedule for your convenience. Instead of paying for the entire session at once, you may pay in two affordable payments. The first payment of \$52.50 is due on March 29, and the second payment of \$52.50 is due by May 10.

Note: Aerobic Dancing is a fitness sport which requires progressive instruction. We regret that we cannot accept new students after the first week of class.

Instructor: K. Phelps

Location: Royal Palm

Code	Days	Dates	Time	Fee/Weeks
6791	MW	3/29-6/9*	5:45-6:45 p.m.	\$105 / 11
6792	MW	3/29-5/5	5:45-6:45 p.m.	\$52.50 / 6
6793	MW	5/10-6/9*	5:45-6:45 p.m.	\$52.50 / 5
Pay as you go	SAT	4/3-6/12*	8:30-9:45 a.m.	\$6 / 1 day
Pay as you go	MW	3/29-6/9*	5:45-6:45 p.m.	\$6 / 1 day
*No class 5/29 & 31				

Adult Tae Kwon-Do

Age: 15+

Training martial art classes is essentially a process of change. Weight loss and physical energy are difficult to quantify, but virtually everyone who participates in this program over a period of time reports a positive effect on outlook and energy level. Classes are designed to develop endurance, flexibility and balance along with self-defense techniques. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6829	MW	4/5-4/28	6:30-7:30 p.m.	\$35 / 4
6830	MW	5/3-5/26	6:30-7:30 p.m.	\$35 / 4

Adult Karate

Age: 15+

Physicians and scientists are discovering brand new health benefits through working out every day. Regular Karate practice creates mental clarity and calmness, increases body awareness, releases the mind, centers attention and sharpens concentration. Students will learn various kicking, punching and blocking techniques while achieving physical fitness, balance, health and overall well-being. A martial arts uniform is required and will be available at the first class meeting.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6832	TTH	4/6-4/29	5:30-6:30 p.m.	\$35 / 4
6833	TTH	5/4-5/27	5:30-6:30 p.m.	\$35 / 4

Introduction To Tai Chi

Age: 14+

Originally developed in China as a form of self-defense, Tai Chi is a graceful form of exercise that has existed for some 2,000 years. This ancient art uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai Chi, in fact, is often described as "mediation in motion" because it promotes serenity through gentle movements—connecting the mind and body. Anyone, regardless of physical ability, can practice Tai Chi since the emphasis is on technique over strength.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: L. Seyller

Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6835	TTH	4/8-4/22	6:30-7:30 p.m.	\$44 / 3
6836	TTH	4/29-5/13	6:30-7:30 p.m.	\$44 / 3
6837	TTH	5/20-6/3	6:30-7:30 p.m.	\$44 / 3

Register online at your convenience, 24 hours a day, seven days a week.



Teen / Adult

Yoga/Pilates Fitness Class

Age: 14+

You have probably heard that yoga is good for you. Maybe you have even tried yoga and discovered that it makes you feel better. Yoga through meditation works remarkably to achieve mind/body harmony. Classes will focus on achieving physical balance and coordination by reducing stress and increasing strength and flexibility. Yoga poses and stretching exercises are combined with some light weight training. Great class to get in shape quickly and safely! Class is taught by a Certified Yoga Instructor.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: Chopra/Seyller Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6838	MW	4/5-4/21	7:30-8:30 p.m.	\$50 / 3
6839	MW	4/26-5/12	7:30-8:30 p.m.	\$50 / 3
6840	MW	5/17-6/7*	7:30-8:30 p.m.	\$50 / 3

*No class 5/31

Women's Self Defense

Age: 14+

This class will be tailored to how an average woman can effectively deal with real world dangers without having to devote years of her life to the study of Martial Arts. This class will introduce basic self-defense techniques, which can be applied regardless of the person's size or physical condition. You will learn defensive tactics along with hands-on practice.

This class located at the Martial Arts Fitness Center, 9949 Walker Street, Cypress.

Instructor: A. Jafari Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
6841	F	4/9-4/23	5:30-6:30 p.m.	\$44 / 3
6842	F	5/7-5/21	5:30-6:30 p.m.	\$44 / 3

Introduction to Martial Arts

Age: 13+

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you wanted to learn the intrinsic values associated with martial arts training—fitness, stress reduction, the mind-body connection—but did not wish to compete or participate in strenuous exercise? This is the class for you!

Senior Instructor Lisa Amsell, 5th Degree Black Belt, has been training and teaching traditional martial arts for over 25 years and leads weekday classes. She has designed the class to make it accessible for those with limited physical abilities and to accommodate all fitness levels. If you have a desire for self-improvement and personal growth, the class covers various types of martial arts training for the mature and the younger adult. Get fit and have fun in a safe manner.

As a special benefit, a free Taekwondo uniform will be provided to new students after enrolling and joining in on their first session.

Instructor: L. Amsell Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
6844	TTH	3/30-4/29	5:00-6:00 p.m.	\$44 / 5
6845	TTH	5/4-5/27	5:00-6:00 p.m.	\$35 / 4
6846	TTH	6/1-6/24	5:00-6:00 p.m.	\$35 / 4

Weekly Traditional Martial Arts

Age: 6 to Adult

This is an option for the most dedicated students at a special price. Training includes one of our Saturday classes (Martial Arts for Kids, Beginner, Intermediated or Advanced) in addition to our weekday Introduction to Martial Arts classes on Tuesdays and Thursdays.

Enrolling in this program allows the student to maximize his or her development in martial art training by receiving personalized, one-on-one instruction. Please feel free to discuss this special option with our instructor staff.

Instructor: J. Amsell Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
6860	T/TH/S	3/30-5/1	5:00-6:00 p.m.	\$50 / 5
6861	T/TH/S	5/4-5/29	5:00-6:00 p.m.	\$50 / 4
6862	T/TH/S	6/1-6/26	5:00-6:00 p.m.	\$50 / 4

Ice Skating For Adults

Age: 17+

Beginning ice skating made fun and easy at Anaheim Ice! Learn how to skate across the ice, glide on one foot, stop, turn and more. Fee includes skate rental, lessons, free practice on the day of class and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early for the first class and dress warm.

This class is located at Anaheim ICE, 300 W. Lincoln Ave, Anaheim.

Instructor: Anaheim ICE Staff Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
6863	W	4/7-4/28	7:00-7:30 p.m.	\$39 / 4
6864	TH	4/8-4/29	12:30-1:00 p.m.	\$39 / 4
6865	W	5/5-5/26	7:00-7:30 p.m.	\$39 / 4
6866	TH	5/6-5/27	12:30-1:00 p.m.	\$39 / 4

Dog Obedience

Age: 16+

This one is for the dogs, does your owner need assistance walking on a leash, or do they dig holes in the yard, constantly barking? Well we have a class for you! You will learn standard AKC training, including the basic commands of sit, down, stay, come and heel. This class is open to all breeds of dogs that are at least 6 months of age or with the consent of the instructor. Handlers must be at least 16. The class meets at Central Park, and dogs must be on a leash before, during, and after class. The first class meeting will be an orientation of training methods, including the explanation of the proper equipment needed to train your dog. It will be held in the Pygmy Date Room without dogs. Proof of current parvo, distemper and rabies vaccinations will also be required at that time.

Instructor: R. Audette Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
6867	M	4/5-5/24	7:00-8:00 p.m.	\$75 / 8



Activity Guide

Teen / Adult

Power Tae Aerobics

Age: 13+

Power Tae, created by Grand Master J. G. Park (Olympic Tae Kwon Do coach), is without a doubt the fitness weight loss energizer of the new millennium. Power Tae combines the essential elements of Tae Kwon Do: aerobics and boxing. Speed, agility, and strength are the mainstays of this high-energy workout done to pulsating music. This class is provided with the intent to give you the opportunity to increase your physical endurance. If you like Tae-Bo®, you will love this class!

Lessons will be held at the US Tae Kwon Do Academy, 12233 Centralia, Lakewood 90715.

Instructor: Master Markopolos Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
6868	TTH	4/6-4/29	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40 / 4
6869	TTH	5/4-5/27	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40 / 4
6870	TTH	6/1-6/24	7:00-8:00 p.m. (T) 8:00-9:00 p.m. (TH)	\$40 / 4

30 Minute Burn

Age: 13+

Benefits of taking this class:

- Best Burn! Best Results!
- You will look good, and get healthy
- Routines for your level, with amazing results
- Judge for yourself; we're the best



Instructor: Master Markopolos Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
6871	M/TH	4/5-4/29	7:15-7:45 p.m.	\$40 / 4
6872	M/TH	5/3-5/27	7:15-7:45 p.m.	\$40 / 4
6873	M/TH	6/3-6/28	7:15-7:45 p.m.	\$40 / 4

Nunchucks and Gumdo

Age: 5+

Benefits of taking this class:

- Improve eye hand coordination
- Develop focus, self-control, and concentration
- Children and Adults will love this class



Gumdo is an ancient sword Martial Art. Nunchucks and swords are available at the Tae Kwon Do Center or bring your own.

Instructor: Master Markopolos Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
6884	T/F	4/6-4/30	5:00-5:30 p.m. (T) 7:00-7:45 p.m. (F)	\$35 / 4
6885	T/F	5/4-5/28	5:00-5:30 p.m. (T) 7:00-7:45 p.m. (F)	\$35 / 4
6886	T/F	6/4-6/29	5:00-5:30 p.m. (T) 7:00-7:45 p.m. (F)	\$35 / 4

Adult

Line Dance

Age: 18+

Yee-Haw!!!! Slip on your cowboy boots and rustle up your friends! Students will learn a variety of line dances, have an opportunity to meet new people as no partner is necessary, and get a great work-out. This dance class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: J. Karter Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6877	M	4/5-5/10	6:30-7:30 p.m.	\$32 / 6

Two Step and Swing

Age: 18+

Get your feet moving! Learn two-step patterns and East Coast Swing from instructor Janet Karter. Take this class with friends, family or by yourself as no partner is necessary. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: J. Karter Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6879	M	4/5-5/10	7:30-8:30 p.m.	\$32 / 6

Strictly Ballroom Dance

Age: 18+

Learn to dance for all occasions including weddings in this exciting class. Instructor Janet Karter will instruct students in two dances of their choice: cha-cha, waltz, swing, tango, salsa or foxtrot. Singles are welcome in this popular class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Community Center, 5700 Orange Avenue.

Instructor: J. Karter Location: Cypress CC

Code	Days	Dates	Time	Fee/Weeks
6881	M	4/5-5/10	8:30-9:30 p.m.	\$32 / 6

Watercolor Painting Studio

Age: 18+

In this class designed for beginning and intermediate artists you will learn painting methods that will enable you to create realistic watercolor paintings. You will receive an informative color booklet and color handouts. This class includes beneficial lectures, instructor demonstrations, and directed in-class paintings.

Instructor: J. Bloom Location: Cypress Senior Center

Code	Days	Dates	Time	Fee/Weeks
6883	W	4/7-5/26	6:30-9:30 p.m.	\$95 / 8

How to Sell on Ebay

Age: 18+

Do you have a collection of items that have been stored away in closets, drawers, and even your garage? This class will focus on how you can sell items on eBay. You will learn about organization, categorization and how to write posts for your items. This could become a part-time business opportunity from your home.

Instructor: F. Greenspan Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
6887	M	5/17-5/24	6:30-8:30 p.m.	\$65 / 2



Adult

Ukulele: Kanikapili Okalana

Age: 18+

Do you have a ukulele? Learn how to play chords and keys for sing-a-longs, rock, pop, and even learn a simple Hawaiian tune. Come and enjoy the fun with us! Our instructor has 47 years of professional experience. There is a \$2.50 supply fee paid to the instructor at the first class. Please bring a ukulele and music stand.

Instructor: H. Kamae

Location: King Palm

Code	Days	Dates	Time	Fee/Weeks
6889	W	4/7-5/5	7:30-9:00 p.m.	\$45 / 5
6890	W	5/12-6/16	7:30-9:00 p.m.	\$55 / 6

La Palma/Cypress Adult Softball

Registration Dates: April 26, 2010 – May 21, 2010

Season Begins: Week of June 2

Fee: \$365 plus \$15 per game for officials

Divisions: Lower D and Lower E, Co-Ed

Locations: Oak Knoll Park (Cypress), Arnold Cypress Park (Cypress), and Central Park (La Palma)

Times: Weeknights: 6:30, 7:40, and 8:50 p.m.

Sundays- 4:30, 5:40, 6:50 and 8:00 p.m.

Co-ed: Friday and Sunday evenings

To accept registration:

- A completed roster with name, address, phone number and signatures of each player
- Code of conduct signed by each player
- Copy of one of the following: Driver's license, passport or California Identification
- Identification card of each player showing proof of age
- All players must be 18 years old or older

Instructors Wanted

Do you have a special skill or talent that you want to share with others? La Palma Recreation & Community Services is continually looking for new instructors. Call us at (714) 690-3359 for details.

Older Adult

Movies For Older Adults!

Gather your friends, and enjoy an afternoon of cine-magic and warm buttered popcorn! Movies provide everybody a chance to escape into an imaginary world. Movies are shown at 12:30 p.m. every Tuesday beginning April 13 through June 8, in the Fan Palm Room. For more information please call (714) 690-3350.

ALL CLASSES below are offered on a weekly basis, by the North Orange County Community College District (N.O.C.C.C.D.) and are FREE! The following classes are located at Buena Park Senior Center 8150 Knott Ave. Buena Park, CA 90620

Chair Exercise:

Thursday 9:00 – 10:15 a.m.

This is a great low-impact exercise for anyone and everyone. The class is sponsored by the Arthritis Foundation.

Code: 6923

Instructor: Mary Jo Hesketh

Exercise, Balance and Mobility

Monday 1:00 – 2:30 p.m.

Thursday 10:30 a.m. – 12:00 p.m.

Everyone can benefit from this fantastic class. Come and watch you won't regret it.

All participants need a doctor's permission slip and a 10-minute test from the instructor. For more information, please call (714) 690-3350.

Code: 6924

Instructor: Kenny Yu

Beginning Computer Classes

Ages: Older Adults

In partnership with the OC Public Libraries, La Palma Branch, learn basic programs and skills with our patient Recreation staff. The staff will teach you beginning skills such as using a keyboard, mouse, signing up for an email program, sending and receiving emails, utilizing the internet and much more! Class size is limited, so sign up early! This class will be held at the La Palma Public Library, 7842 Walker Street.

Instructor: Recreation Staff

Location: La Palma Library

Code	Days	Dates	Time	Fee/Weeks
6891	T	4/13-5/18	11:00-12:00 p.m.	Free / 6

Intergenerational Games Day

Age: 5 – Older Adults

Where older adults and the younger generation meet! Grandparents bring your grandkids or great grandkids for an afternoon of fun, games, and lunch.

Code	Days	Dates	Time	Fee/Weeks
6928	W	4/7	12:00-3:00 p.m.	FREE



Activity Guide

Older Adult

Bunco

Age: Older Adults

Come down to Central Park and play an exciting dice game and win prizes. BUNCO is all about socializing. Winning comes in second when playing BUNCO, because of all the fun you have playing. The only skill required in this light-hearted, friendly game is rolling the dice. Preregistration is required for this event.

Code	Days	Dates	Time	Fee/Weeks
6894	Th	5/20	6-9 p.m.	\$3

Country Line Dancing

Age: 55+

Join this beginner's class to learn the art of country line dancing. Volunteer instructors will guide through the intricate yet simple steps to many dances. This is a free class. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: TBA Place: Cypress SC

Days	Dates	Time	Fee/Weeks
T	Weekly	12:00-2:00 p.m.	Free / Weekly

Marsha Roe's Line Dance Class

Age: 55+

This is a fun and energetic class for intermediate line dancers. Improve your skills while learning new dances. Instructor Marsha Roe provides you with instruction and a great time. This class is co-sponsored with Cypress Recreation and will be held at the Cypress Senior Center, 9031 Grindlay Street.

Instructor: Roe Place: Cypress SC

Days	Dates	Time	Fee/Weeks
M	Weekly	1:00-3:00 p.m.	Free / Weekly



When to Call 9-1-1

9-1-1 is the number to call to get help in a police, fire or medical emergency. A 9-1-1 call goes over dedicated phone lines to the 9-1-1 answering point closest to the caller, and trained personnel then send the emergency help needed.

9-1-1 should only be used in emergency situations. An emergency is any situation that requires immediate assistance from the police, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency you should call 9-1-1. It's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.

If you call 9-1-1 by mistake, do not hang up! Tell the call taker what happened so they know there really isn't an emergency.





Adult / All Ages

Traditional Martial Arts

Age: 6 – Adult

This program teaches a variety of traditional oriental martial arts including Taekwondo, Judo/Jujitsu, Hapkido, Aikido, Kendo and Kobudo (weapons). Classes emphasize modern training methods and personal growth. Students will improve their physical fitness, achieve mental alertness, reduce stress, and gain a positive attitude.

This program is divided into three course levels: Beginner for first-time students, Intermediate for students with previous experience, and Advanced for the highest level of training. Choose the beginner course or, if you have previous experience, discuss proper placement with the instructor before enrolling.

Students progress through various martial arts systems and more advanced students are permitted to compete in Taekwondo or Judo. Our instructors are certified by the Kukkiwon, World Taekwondo Federation, the U.S. Olympic Committee and the U.S. Judo Association and are experienced in both traditional martial arts and sports training systems.

Students and instructors are expected to have their own authorized Taekwondo and Judo uniform, however new Introductory students will receive a free uniform after enrolling for their first session. Additional uniforms, training equipment, and annual USAT/USJA memberships are available at the classes and not during registration.

Instructor: J. Amsell

Location: Sago Palm

Beginner

Code	Days	Dates	Time	Fee/Weeks
6851	SAT	4/3-4/24	10:00-11:00 a.m.	\$35 / 4
6852	SAT	5/1-5/29	10:00-11:00 a.m.	\$44 / 5
6853	SAT	6/5-6/26	10:00-11:00 a.m.	\$35 / 4

Intermediate

6854	SAT	4/3-4/24	11:00-12:00 a.m.	\$35 / 4
6855	SAT	5/1-5/29	11:00-12:00 p.m.	\$44 / 5
6856	SAT	6/5-6/26	11:00-12:00 p.m.	\$35 / 4

Advanced

6857	SAT	4/3-4/24	12:00-1:00 p.m.	\$35 / 4
6858	SAT	5/1-5/29	12:00-1:00 p.m.	\$44 / 5
6859	SAT	6/5-6/26	12:00-1:00 p.m.	\$35 / 4

Practical Chess Instruction

Age: 8+

Checkmate! La Palma Chess Club (LPCC) was established in 1975 and is a USCF affiliated chess club that offers rated tournaments, casual play, and blitz games every Friday night. Visitors of all ages are welcome. We offer competition for players of all abilities from beginner to master. Chess lessons are available upon request. This session there will be 3 different tournaments, individuals can sign up for one, two or all three at a discount!

Instructor: LP Chess

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
6895	F	4/2-6/11	6:00-11:00 p.m.	\$30 / 11

Chess Tournaments

Code	Days	Dates	Time	Fee/Weeks
6896	F	4/2-4/30	6:00-11:00 p.m.	\$25 / 5
6897	F	5/7-5/28	6:00-11:00 p.m.	\$25 / 4
6898	F	6/11	6:00-11:00 p.m.	\$10 / 1
6899	F	4/2-6/11	6:00-11:00 p.m.	\$40 / 11

Tennis

Age: 6 – 13

It's time to jump into action with our tennis classes for all ages! Instructor Patrick McConnell and his staff take time with each student to teach tennis skills such as: footwork, serving, ground strokes, and hitting; all while instilling good sportsmanship. Bring your own racket and \$10 supply fee to the first class. This supply fee covers the cost of machine rentals, towers, balls, and session awards.

Level #1: Player is just beginning to play or has had minimal lessons. At this level you will learn the basics of tennis.

Level #2: Advanced beginning players should be able to hit the ball over the net with some success. At this level, players will begin to work on spins, placement and footwork.

Level #3/Academy: Intermediate players should be able to place their strokes and volleys. They are in the process of learning serves and match play.

Instructor: McConnell

Place: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
6901	1/2	10-14	M	4/5-5/24	6:30-8:00 p.m.	\$75 / 8
6902	1/2	15+	W	4/7-5/26	6:30-8:00 p.m.	\$75 / 8
6903	1	9-11	SAT	4/10-5/29	9:00-10:00 a.m.	\$50 / 8
6904	2/3	11-13	SAT	4/10-5/29	10:00-11:00 a.m.	\$50 / 8
6905	1	6-9	SUN	4/11-5/30	3:00-4:00 p.m.	\$50 / 8
6906	2	9-11	SUN	4/11-5/30	4:00-5:00 p.m.	\$50 / 8
6908	ACAD/L3	11-13	SUN	4/11-5/30	5:00-7:00 p.m.	\$120 / 8

Private Tennis Lessons

Age: 8+

Private tennis lessons are available from Tennis Instructor Patrick McConnell. All dates, times and prices will be arranged with the instructor. To schedule a private lesson, please call (562) 889-8053.



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there
is why
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Charlene Hatakeyama, Agent
Insurance Lic. #: 0771272
La Palma, CA 90623
Bus: 714-527-8897 Fax: 714-527-8898
www.charlenehatakeyama.com

Whether you need a question answered, a problem solved or a claim reported, my job is to make it happen. Like a good neighbor, State Farm is there.[®]
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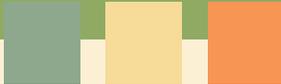


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Church of the Carpenter



FAIRMONT 2010 SUMMER PROGRAM



THE CIRCUS IS COMING TO FAIRMONT THIS SUMMER!

Step right up and join the fun! Fairmont’s Summer program offers summer experiences packed with adventure, academics, friends and memories!

Enroll online today! www.fairmontsummerprograms.com | 714.765.6300



SUMMER SCHOOL

Whether your child is a straight-A student or in need of remediation, he or she will receive individualized attention from teachers who specialize in making summer learning effective and fun.

Mon-Thurs, 9 am-12 pm
June 28 – August 5
Grades K-12



SUMMER CAMP

Keep your child’s mind engaged throughout the summer! Fairmont offers morning, afternoon, and full-day camp options available each week throughout the summer.

Weekly, 9 am-4 pm
June 21 – August 20
Grades P-8



ENRICHMENT WORKSHOPS

Don’t miss enrichment workshops and back-by-popular-demand favorites! Fairmont’s fun line-up of enrichment classes are taught with a creative, hands-on approach. From beginners to advanced students, our workshops provide individualized instruction on subjects that peak students’ curiosity and prepare them for the year ahead.

Throughout the Summer
Grades K-12

1. The Palms at Central Park Community Center

King Palm Queen Palm Sago Palm Pygmy Date Palm

Meals On Wheels (714) 690-3350

7821 Walker Street, La Palma

(714) 690-3350

2. City Hall (714) 690-3300

City Manager (714) 690-3333

Public Works (714) 690-3310

Finance & Water (714) 690-3330

Building & Safety (714) 690-3340

7822 Walker Street, La Palma

3. Police (714) 690-3370

Emergency 911

Fire (714) 527-6722

7792 Walker Street, La Palma

4. La Palma Branch Library (714) 523-8585

7842 Walker Street, La Palma

5. US Tae Kwon Do Center

12233 Centralia, Lakewood

6. Arnold/Cypress Park

8611 Watson Street, Cypress

7. Cypress Senior Center

9031 Grindlay Street, Cypress



8. Cypress Community Center

5700 Orange Avenue, Cypress

9. Martial Arts Fitness Center

9949 Walker Street, Cypress

10. USA Water Polo National Training Center

Joint Forces Training Base

11360 Valley Forge Drive, Los Alamitos

11. Anaheim ICE

300 W. Lincoln Avenue, Anaheim

La Palma Recreation & Community Services



Creating Unity in Community

The La Palma Recreation & Community Services Department makes a positive difference in our community by encouraging citizen involvement, fostering human development, and strengthening community through people, parks, and programs.

Your Recreation Staff

Director	Jan Hobson
Superintendent	Mike Belknap
Supervisor	Cindy Robinson
Coordinator	Burt Ferguson
Specialists	D.J. Albarian, Nancy Brewer Anthony Kim, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

Leaders

Allen Arslanian	Bryan Amezquita	Joe Cooper
Tim Dodd	Austin Greene	Maureen Guinoo
Fahad Gul	Lindsey Gutierrez	Mena Habeeb
David Han	Kristen Hara	Emily Kulassia
Ron Lopino	Kristine Luevanos	Jesse Matsukawa
Christian McCombs	Allison Riach	Matt Rippel
Nick Rotherham	Denisse Rudolph	Brandon Solem-Kuehl
Michael Vela		

REGISTER TODAY



Online

www.cityoflapalma.org/LPRecConnect

Register online and get instant confirmation of you classes. All first time registration customers need to request a family account and pin number prior to registration. MasterCard, VISA, Discover, and American Express are accepted for online registration.

FAX

Fax us 24 hours a day at (714) 522-2967. Please have all your information printed in ink on the form below. Please include your current Visa or Mastercard numbers. Your confirmation will arrive by email.

METHOD OF PAYMENT: We accept cash, checks (made payable to the City of La Palma), money orders, and Visa or Mastercard. If cash is your preferred payment choice, you may pay for your registration when the La Palma Recreation and Community Services Administrative office is open Monday through Thursday, 7:30 a.m.—5:30 p.m. and on Fridays, 7:30 a.m.—4:30 p.m. All other payment options may be used during our Central Park extended hours Monday–Friday until 10 p.m. and on Weekends from 8:00 a.m.—8:00 p.m. Adult Non–Residents will pay an additional \$5 fee per class.

ALL RECREATION PROGRAMS ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS! We encourage advance registration for all our programs. No registrations can be taken at classes, since most instructors need to know their enrollment at least two or three days prior to their starting date.

REFUNDS: Requests for refunds will be honored by Recreation & Community Services only if they are made at least one (1) day prior to the start of classes with one or two meetings. On classes that consist of three or more meetings, the request for a refund must be made before the second class meeting. No refunds will be given after the second class meeting. An \$11 processing charge will be deducted from all requested refunds. A full refund will be made only when a class or program is filled or cancelled by Recreation & Community Services. **ABSOLUTELY NO REFUNDS CAN BE GIVEN FOR EXCURSIONS.**

Registration Form

PLEASE PRINT AND FILL OUT COMPLETELY REMEMBER TO ENCLOSE A SELF-ADDRESSED, STAMPED ENVELOPE WITH YOUR REGISTRATION FORM IF USING MAIL-IN.

Adult Last Name _____ Adult First Name _____

Address _____ Apt # _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____ Cell Phone _____

E-mail _____

Emergency Contact _____ Relationship _____

Emergency Phone _____

Activity #	Activity Name	Participant Name	Birth Date	Age	Sex	Fee
			/ /			
			/ /			
			/ /			

In consideration of your accepting this registration, I hereby agree to indemnify and hold harmless The City of La Palma and its officers, agents, or employees from any liability of claim or action for damages resulting from or in any way arising out of the participation in this program by the person/persons registered above. I hereby irrevocably consent to and authorize the use and reproduction by the City of La Palma or anyone authorized by the City of La Palma of any and all photographs. This photograph may be used for any purpose whatsoever, without compensation.

Signature: _____ **Date:** _____

CASH CHECK # _____
 CREDIT CARD
 VISA MASTERCARD _____
 Expiration Date _____ Card Holder Name _____

Total of Activity Fees	\$
Adult non-residents of the City of La Palma pay an additional \$5 per class=	\$
TOTAL AMOUNT PAID	\$

Make your check payable to:
CITY OF LA PALMA

Receipt # _____



Postal Customer La Palma, CA 90623

Memorial Day

May 31, 2010

9:15 a.m. Musical Interlude

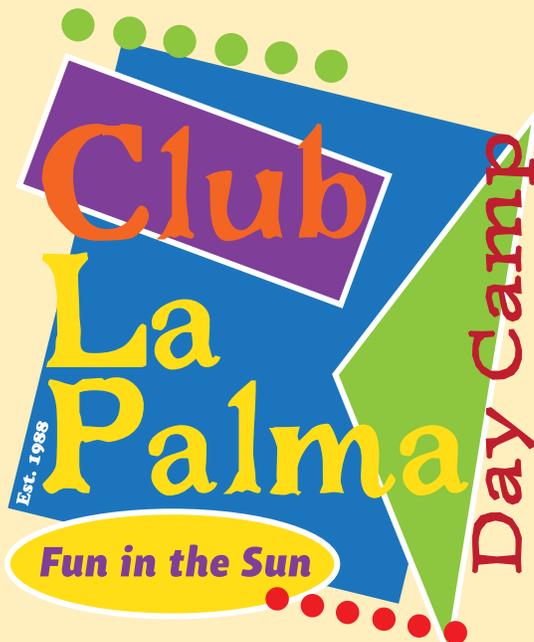
9:30 a.m. Ceremony Begins at the Eternal Flame in front of City Hall

Calling All Veterans

Each year, the City of La Palma honors those who are willing to go to the ends of the earth to defend our freedoms and our rights, and especially those who have paid the ultimate price.

The Community Activities and Beautification Committee would like to recognize ALL veterans, from past wars to the current conflict, for their service and willingness to defend our American way of life. Please join us on MONDAY, MAY 31 AT 9:15 a.m. in front of City Hall so we can thank you for a job well done.

Please call the La Palma Recreation and Community Services Department at (714) 690-3350 to reserve your place now!



Club La Palma Summer Day Camp

June 21 – August 27, 2010

Our dynamic summer day camp is specially catered to working parents on a budget! La Palma Recreation's popular program is filled with action-packed activities and exciting excursions such as Disneyland and Medieval Times that will guarantee a memorable summer of fun! Club La Palma is open to all children 5 to 12 years of age, Monday through Friday from 6:30 a.m. to 6 p.m. The first day of camp is June 21 and it will run through August 27, 2010. A deposit of \$20 is required to hold your child's place each week of registration for all camp activities, including excursions and pool trips. Registration forms will be available on Monday, April 26. Reserve your space now, you won't find a better deal than this!