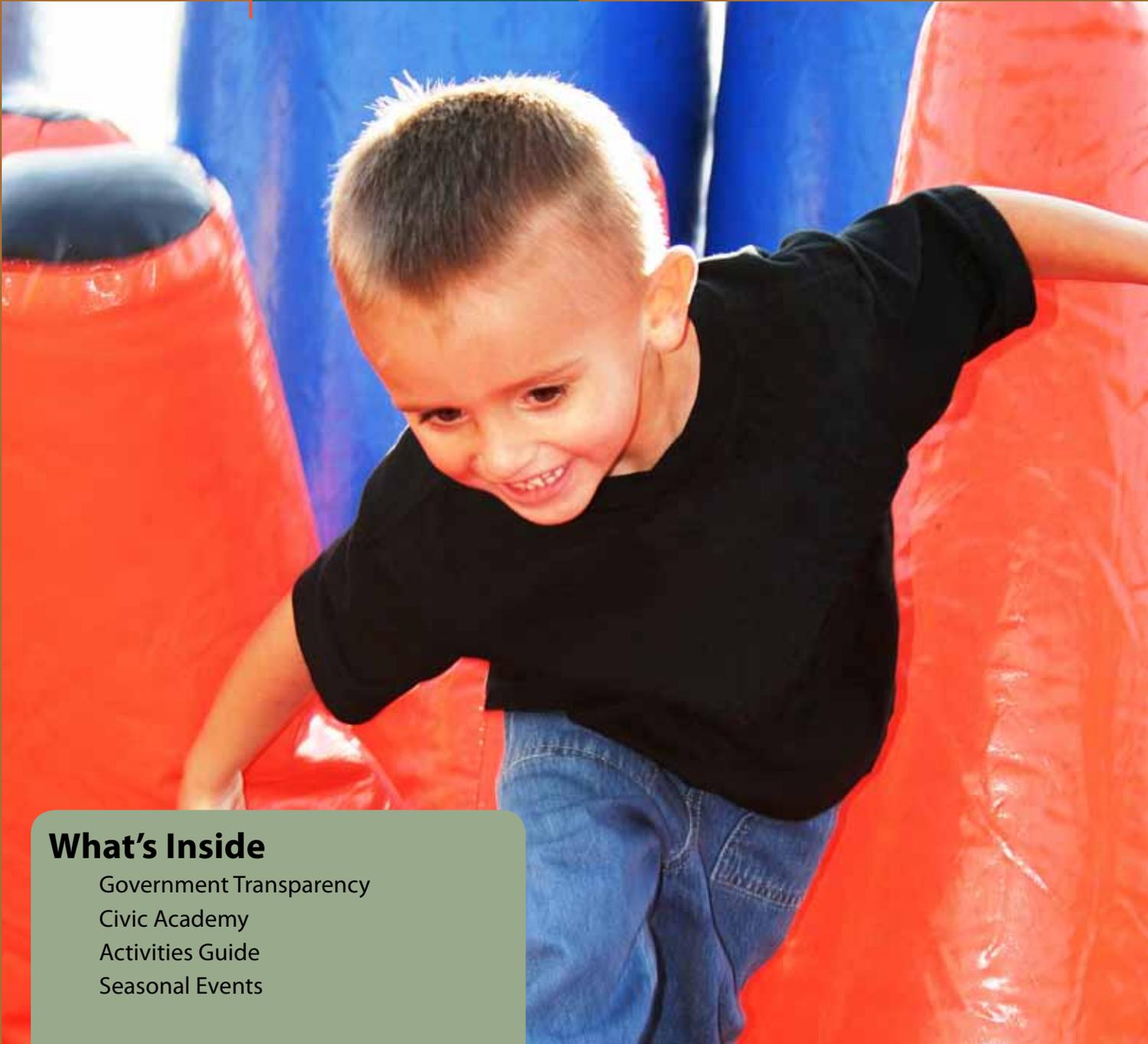


La Palma



# MOSAIC

Fall 2010



## What's Inside

Government Transparency  
Civic Academy  
Activities Guide  
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## 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 at [www.cityoflapalma.org](http://www.cityoflapalma.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 City 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

The La Palma City Council, the City Manager, and all City employees want residents to know that they are committed to transparency in government. Recent headlines regarding government employee compensation have brought this subject to the forefront for residents and municipalities throughout the state. To ensure that La Palma residents have easy access to critical information regarding all of the City's important salary and benefits documents, a specific webpage was created at [www.cityoflapalma.org/transparency](http://www.cityoflapalma.org/transparency). For more in-depth information on this topic, please see the article on Page 4.

In this edition of the La Palma Mosaic, you'll also find articles about the City's recently adopted budget including a reduction of the Utility User Tax (Page 6); a new Neighborhood Grant Program (Page 7) that encourages neighbors to interact with one another; an update on the citywide beautification arterial block wall painting project (Page 8); and the upcoming General Election on Tuesday, November 2, 2010 (Page 5).

This edition also features the many programs, classes and events from the Recreation & Community Services Department. Highlights include the annual Halloween Carnival, 26th Annual La Palma Days—"Our Journey Continues", and the 24th Annual Holiday Tree Lighting. There is something for everyone to learn a new skill, improve fitness, make new friends, and support your community.

Although the La Palma Mosaic is distributed quarterly, residents can always stay informed about La Palma by signing up for our Notify Me email news service to receive email updates from the City. Simply visit our website at: [www.cityoflapalma.org/NotifyMe](http://www.cityoflapalma.org/NotifyMe) and we will keep you up-to-date on all the latest events and happenings in your hometown. Of course, we will never sell your email address to anyone and we will only send you important local information. Join today.

# Calendar of Events

## September



- 6 Labor Day – City Offices Closed
- 7 City Council Meeting – 7:00 p.m.
- 11 Patriot Day
- 12 Grandparent’s Day
- 21 City Council Meeting – 7:00 p.m.
- 23 Autumn Begins
- 25 Teen Homecoming Dance – 7:00 p.m.  
La Palma Community Center

## October



- 4 Fit N Fun Starts
- 5 City Council Meeting – 7:00 p.m.
- 11 Columbus Day – City Offices Open
- 12 Teen Lounge Opens – Cypress Arnold Park
- 19 City Council Meeting – 7:00 p.m.
- 23 Teen Thriller Dance – 7:00 p.m.  
La Palma Community Center
- 31 Halloween Carnival – 6:00-8:30 p.m.  
Central Park

## November



- 2 Election Day  
City Council Meeting – 7:00 p.m.
- 7 La Palma Pageant  
Daylight Saving Time Ends
- 11 Veteran’s Day Observed – City Offices Closed
- 13 La Palma Days – 10:00 a.m. – 6:00 p.m.
- 16 City Council Meeting – 7:00 p.m.
- 25-26 Thanksgiving – City Offices Closed

## December



- 1 Holiday Tree Lighting – 5:30 p.m.  
Central Park
- 7 City Council Meeting – 7:00 p.m.
- 11 Teen Holiday Blowout Dance – 7:00 p.m.  
Cypress Community Center
- 21 City Council Meeting – 7:00 p.m.  
Winter Begins
- 23-24 Christmas – City Offices Closed

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## Recap, May, June, and July 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 and the public is always encouraged to attend. Council meetings are also audio-cast live on the City's website at [www.cityoflapalma.org/media](http://www.cityoflapalma.org/media). Please note, 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](http://www.cityoflapalma.org/minutes).

### May 4, 2010

Adopted changes to City Council Policy 21, to add an additional scholarship for a La Palma resident currently enrolled at a community college. Previously, the City Council had only recognized four graduating high school seniors with scholarships for demonstrated outstanding conduct in activities that serve the La Palma community and/or the City of La Palma.

Awarded a contract in the amount of \$830,790 to the low responsible bidder, Pave West of La Habra for the Pavement Rehabilitation of Residential Streets and Houston Avenue with asphalt rubber overlay. The project consists of the removal and replacement of asphalt concrete, installing pedestrian ramps, adjusting utility valves and manholes to grade, and pavement striping, markers and markings. The project was completed in late June and early July.

Adopted a Resolution authorizing the purchase of a Multi-Discipline Volunteer Management and Equipment Mutual Aid Trailer. The total cost of the trailer and equipment (\$31,627) will be reimbursed by the 2008 Urban Area Securities Initiative (UASI) grant. To better enhance regional volunteer management capabilities during emergencies, the Orange County California Citizen Corps Council recommended that four regional Certified Emergency Response Team (CERT) trailers be purchased for the cities of Huntington Beach, Newport Beach, Irvine, and La Palma.

Received and filed the Third Quarter Financial Report for Fiscal Year 2009-10 and authorized the extension of the Permit Fee Holiday Program to the end of the 2009-10 Fiscal Year. The projections indicated that revenues for Fiscal Year 2009-10 would be \$9,243,200, which is \$2,103,600 or 19% less than the City's Adopted Budget. This significant decrease of total revenues is a direct result of sales tax receipts being significantly lower due to the severe economic recession throughout the State of California. Both labor and non-labor expenditures were on track for the Third Quarter.

Conducted a Study Session and provided direction on the general content of the proposed Fiscal Year 2010-11 General Fund Budget, including supplemental budget requests.

### May 18, 2010

Adopted a Resolution setting the Utility Users' Tax (UUT) Rate for Fiscal Year 2010-11 at 4%. The UUT Ordinance ratified by voters in March 2002 requires the City Council to annually review the UUT to determine whether the rate should be altered. Specifically, the Ordinance allows the City Council to implement a temporary reduction in the UUT of up to 1% for the succeeding fiscal year. At the end of the fiscal year, with no further City Council action, the rate will automatically revert to the 5% rate.

Adopted a Resolution approving the 2008-2014 Housing Element Update of the La Palma General Plan and associated Negative Declaration. Also authorized the submittal of the Housing Element to the California Department of Housing and Community Development for certification, in accordance with State Law.

Awarded a contract in the amount of \$32,160 to Pacific Painting & Flooring Co. of Anaheim for the exterior painting of City facilities. The project consists of the preparation and painting of the exterior walls of the City Hall, City Yard, Police Department, and County Library facilities.

### June 1, 2010

Adopted several Resolutions with regard to the November Elections including: Calling and giving notice of a Municipal Election to be held on November 2, 2010, for the election of certain officers as required by the provisions of the laws of the State of California relating to general law cities and for the submission to the voters a question relating to an Initiative Ordinance amending the Utility Users Tax; Requesting the Board of Supervisors of the County of Orange to consolidate the Municipal Election with the Statewide General Election; Setting priorities for filing written arguments regarding a City Measure and directing the City Attorney to prepare an Impartial Analysis; Providing for the filing of Rebuttal Arguments for City Measures Submitted at a Municipal Election; and Adopting regulations for candidates for elective office pertaining to candidate statements submitted to the voters. See related stories on page 5.

Conducted a Public Hearing and approved a Resolution adopting new Water, Fire Flow, and Sewer Service Charges within the City of La Palma. The typical residential customer, using 36 units of water over two months, will pay approximately 13% more (about \$10 per bill), starting with their October bill. See related story on page 5.

Conducted a study session regarding User Fees and set a Public Hearing for August 3, 2010 to reduce certain fees that the City is currently overcharging and to add fees where no current fee exists; while further reviewing and analyzing the other existing usage fees.

## **June 15, 2010**

Adopted a Resolution approving and adopting the City's Budget for Fiscal Year 2010-11, the City's Annual Appropriations Limit for Fiscal Year 2010-11, and the Community Development Commission Budget for Fiscal Year 2010-11. See related story on page 5.

Adopted a Resolution approving the submittal of an application to the Orange County Transportation Authority (OCTA) for funding under the Transportation Enhancement (TE) Program for the Moody Street Median Improvement Project. The project involves the installation of a median, monument sign, and an asphalt pavement overlay in the area. The median would contain artificial turf and low lying shrubs, which would give a consistent appearance to the existing medians and provide a method to conserve water and maintenance costs. The total estimated construction cost for the median improvements and pavement overlay rehabilitation is approximately \$636,810.

Approved a three year Employment Agreement between the City and Dominic Lazzaretto for City Manager Services.

Awarded a contract in the amount of \$49,380 to Sadie Construction Inc. of Placentia, for the Removal and Replacement of Residential Street Name Signs and "Welcome to the City of La Palma" Signs. The replacement street name signs will consist of the City's new "palm logo" with white lettering mounted on a blue background, adhering to the requirements of the Manual of Uniform Traffic Control Devices (MUTCD).

Approved and allocated funding in the amount of \$3,000 for a Neighborhood Grant Program. The program will provide La Palma residents with grants of up to \$300 (\$100 for smaller neighborhood gatherings) for a variety of community engagement projects, beautification programs, neighborhood participation activities, or other projects that bring people together and help build community. See related story on page 7.

## **July 6, 2010**

The Planning Commission adopted a Resolution approving an amendment to a Conditional Use Permit to add beer and wine sales at the Walgreens located at 5961 La Palma Avenue.

Approved an amendment to the Agreement in the amount of \$194,000 with MJC Construction, Inc. of Bonita for General Sewer Repair Services, and extending the term of the contract through June 30, 2011.

Adopted a Resolution approving the submittal of two applications to the State of California Department of Transportation for funding under the Safe Routes to School Grant Program to enhance safety in school zones citywide. One application consists of the installation of a lighted crosswalk at the intersection of Crescent Avenue and Watson Street and the installation of radar speed feedback signs along Crescent Avenue, in the amount of \$147,400. The second application submittal, in the amount of \$88,660, is for the installation of radar speed feedback signs along Walker Street.

Appointed Gunjan M. Patel to the Community Activities and Beautification Committee with a term expiring December 3, 2013.

Adopted the "City of La Palma Engineering and Traffic Survey Update" report, prepared by G. L. Engineers and dated June 9, 2010, which recommended that all existing posted speed limits on the subject streets should remain the same.

## **July 20, 2010**

The Planning Commission conducted a Public Hearing regarding a Proposed Ordinance Amending Chapter 26 of the La Palma City Code Adding Provisions for the Creation of the Planned Neighborhood Development (PND) Zoning District and Changing the Land Use Designation for Certain Properties to PND. The objective of the new zoning designation is to limit undesirable uses and encourage those uses that foster quality development and optimize the City's tax base. The Hearing was continued to August 17, 2010.

Approved an amendment to the Agreement with Empire Pipe Cleaning and Equipment, Inc. for General Sewer Maintenance Services, extending the term of the contract through June 30, 2011.

Reviewed the preliminary Central Park Master Plan Design Improvements and made modifications, including: alternatives for the location of the meditation garden; leaving the south restroom at its current location; incorporating public art into the park design, and development of further cost analysis. See related story on page 8.

Discussed and adopted City Council Policy 34 establishing a cultural diversity policy. The policy recognizes and respects the cultural diversity of La Palma's residents and business owners and to ensure that diversity issues are considered as part of the City's ongoing services and core activities.

## La Palma Supports Transparency in Government

The recent headlines concerning municipal employee compensation are truly troubling and the City of La Palma wants residents to be assured that their local government fully supports transparency. To that end, all of the City's important municipal documents, including City Council agendas, various financial documents, current labor agreements, and the City's Municipal Code are readily available on the City's website, [www.cityoflapalma.org/transparency](http://www.cityoflapalma.org/transparency). In addition, we are providing answers to the most common questions the City has received regarding employee compensation.

### How much does the City pay the City Manager?

The La Palma City Manager, Dominic Lazzaretto, receives a base salary of \$172,750 per year. In addition, he receives a benefits package (retirement, insurance, car allowance, leave cash-outs, etc.) with a value of \$67,823, for a total compensation rate of \$240,573 annually. Based on the information provided by the *Orange County Register*, this compensation is well below the average total compensation figures for City Managers of small cities.

### Does the City Council know how much the City Manager makes?

The City Council unanimously approved a renewal of Mr. Lazzaretto's Employment Agreement in an open City Council session on June 15, 2010. The three-year Agreement did not provide for a raise in pay and there are no automatic adjustments included for inflation during the term. Any proposed increase in compensation would come before the City Council for public discussion and approval at a regular City Council Meeting. A copy of Mr. Lazzaretto's current Employment Agreement with the City can be reviewed on the City's transparency webpage.

### What do other City employees make?

The salary range for every City employee classification can be found on the City's Job Description & Salary webpage, or by reviewing the detailed Memorandum of Understands (MOU) on the Labor Agreement webpage. When establishing salaries and benefits, the City Council strives to maintain affordability while ensuring that employees are fairly compensated for the work that they do. In general, La Palma employee salaries and total benefits tend to be below Orange County averages.

### How much do City Council members make?

Each La Palma City Councilmember receives a monthly salary of \$300, as specified by La Palma Municipal Code Section 2 – 4. Councilmembers also receive a \$30 stipend for each Community Development Commission meeting they attend, of which there are usually two each month. Like other part-time staff, Councilmembers are enrolled in a 414h type of retirement benefit (similar to a 401k), with the Councilmember paying 3.75% of their

salary and the City matching that contribution. While Councilmembers receive a small life insurance benefit (\$10,000), they do not receive health insurance benefits. Please note that some Councilmembers receive additional compensation from regional committees that they are appointed to—for example, OC Fire Authority, OC Sanitation District, and the OC Vector Control District. The compensation rates for sitting on those committees are set and paid for by those agencies.

### Can the City afford these salaries?

Because the City Council has consistently been responsible with the public's funds, the General Fund Reserve—the City's "rainy day fund"—has a current balance of \$15.4 million, or 159% of ongoing operating expenditures. That figure has grown from \$4.2 million in 2002. The City Council voted to lower the utility users tax rate from 5% to 4% in each of the last few years to help residents and businesses cope with the current economic downturn. As a result, the City will use \$235,000 in reserves to balance its Budget this year. For Fiscal Year 2010-11, the City has planned General Fund expenditures of \$10.2 million, against total revenues of \$9.9 million.

A variety of La Palma financial documents are available on the City's Finance webpage. These documents include the Fiscal Year 2010-11 adopted Budget, 2009 Comprehensive Annual Financial Report (CAFR), previous year's budgets, and previous CAFR documents.

### How can I talk to City Councilmembers about what's happening in the City?

The La Palma City Council traditionally meets on the first and third Tuesdays of the month at 7:00 p.m. in the Council Chambers at 7822 Walker St. Agenda documents and related staff reports are posted to the City's website at least 72 hours prior to a scheduled meeting.

### How can I find out more about what's going on?

Residents are encouraged to attend and participate in City Council meetings. Live audio streams of City Council Meetings are available on the City's Agendas & Minutes webpage. Official Meeting Minutes and audio recordings of past meetings can also be found there. You can also sign up for the City's Notify Me program and receive emails about important La Palma news and events.

The City of La Palma wants residents to be fully informed about their local government. If you have questions, comments, or concerns about any of the City's financial or labor documents, please contact the Administrative Services Manager/City Clerk, Laurie Murray at [lauriem@cityoflapalma.org](mailto:lauriem@cityoflapalma.org) or call (714) 690-3338.

## Water Rates Increasing for the First Time in Five Years

On June 1, 2010, the La Palma City Council held a Public Hearing and approved changes to the utility rates charged by the City. The City Council approved increases in water rates, while decreasing sewer rates. The last time the City reviewed and raised rates was in 2005.

Pursuant to Proposition 218, the City notified all residents by mail and held three public discussions on water and sewer rates between January and June. The discussions focused on increasing water rates and implementing a tiered rate structure. The tiered rate structure is intended to help encourage water conservation by charging higher rates for increased levels of consumption.

The new rates are as follows for a single family residential user:

Description	Rate
Water Service Charge (includes 5 units of water)	\$39.00/bimonthly
Water Commodity – Tier 1 (6 – 26 units)	\$1.87/unit
Water Commodity – Tier 2 (27 – 50 units)	\$2.26/unit
Water Commodity – Tier 3 (51 units and greater)	\$5.09/unit
Sewer Commodity (each unit of water)	\$0.27/unit

The new rates went into effect in July and are estimated to increase the typical La Palma residential customer's two-month bill by \$10, starting with the October invoice. For more information about the new rates or to use a rate estimate calculator, please visit the City's water rate webpage at [www.cityoflapalma.org/water](http://www.cityoflapalma.org/water).

## General Municipal Election—November 2

The General Municipal Election will be held on November 2, 2010, in consolidation with the Statewide General Election. Two seats are available on the City Council and the filing period for candidates closed on August 6, with four candidates filing to run for the offices. The deadline for write-in candidates to file is October 19.

Additionally, the City Council has placed an Initiative on the ballot that, if approved by the voters of La Palma, would authorize the La Palma City Council annually to reduce the rate of the City's Utility Users Tax to a lower rate than the law currently allows.

The current Utility Users Tax ordinance, passed by voters in March 2002, requires that the City Council review the Utility Users Tax on an annual basis in conjunction with its consideration of the City's general fund budget for the upcoming year. If it determines that the City's financial condition will not be adversely affected, the City Council may reduce the Utility Users Tax rate by up to 1% (thereby reducing the tax rate from 5% to 4%) for the upcoming fiscal year, after which the tax reverts to 5% unless the City Council acts again to reduce the tax rate for the next fiscal year.

If approved, this Initiative will authorize the City Council annually to reduce the Utility Users Tax rate paid by La Palma utility users from the currently allowed reduction of up to 1% to a new reduction of up to 4.75%. The La Palma City Council would have the authority to reduce, on an annual basis, the Utility User Tax rate from 5% to a rate not lower than 0.25%. If the Initiative is not approved, the La Palma City Council will continue to have the authority to reduce the Utility Users Tax from a rate of 5% to a rate not less than 4%.

The deadline to register to vote in this election is October 18, 2010. Additional information regarding the La Palma Municipal Election is accessible on the City's website [www.cityoflapalma.org/election](http://www.cityoflapalma.org/election) and is provided in sample ballot materials, which should be mailed to registered voters in early October.

## La Palma Adopts FY2010-11 Budget; Lowers Utility Tax To 4%

On June 15, 2010, the La Palma City Council adopted a \$26.9 million budget for the 2010-11 Fiscal Year and voted to temporarily reduce the local Utility Users Tax (UUT) to 4% for the third year in a row. While the adopted budget uses \$235,000 of the City's General Fund Reserves, the City Council chose to reduce the UUT after considerable discussions about the economic climate and its effect on La Palma taxpayers.

Some noteworthy expenditures included in the Fiscal Year 2010-11 budget, include:

- \$1,790,000 for arterial street rehabilitation projects
- \$1,152,000 for residential pavement rehabilitation projects
- \$1,169,000 for various water, sewer, and storm drain system improvements
- \$200,000 for completing the arterial block wall painting project
- \$200,000 for new street signs citywide

The City's adopted budget and a variety of other financial documents are available for review at La Palma City Hall or on the City's website: [www.cityoflapalma.org/finance](http://www.cityoflapalma.org/finance).

## Promise to Prepare TODAY!

### *Help OC Achieve 32,000 Promises by December 31, 2010*

More than 90% of Orange County residents are aware that emergency preparedness is important. Yet over 93% of us have made little or no preparations! What about you? Are you ready?

The La Palma Police Department believes that every resident should be prepared for the next emergency. The Police Department supports the ReadyOC emergency preparedness campaign which is challenging OC to achieve at least 32,000 Promises to Prepare in 2010 from individuals who live, work or go to school in the area. This goal represents about 1% of the region's total population and underscores the urgent need for more OC residents to take preparedness action now.

You can take the first step today by making a promise to get an emergency kit, make a plan, or volunteer. Just go to [ReadyOC.org](http://ReadyOC.org), click on Promise to Prepare and follow the prompts. It's fast, easy and you can see your promise being counted in real time—right on the site! And when you promise, you can enter for a chance to win a prize.

Emergency preparedness resources and tools are available at [ReadyOC.org](http://ReadyOC.org) to make promising to prepare simple and quick. The site also provides you with the latest information, insights and events on OC disaster preparedness activities as well as real-time emergency news.

We know the next emergency is coming. We just don't know when or what kind it will be. So make your promise to prepare today!

## Civic Academy

Have you ever wondered how the City really operates? Now is your chance to get an inside view of how your local government provides municipal services by participating in the La Palma Civic Academy. The Academy is presented over a five-week period, starting September 16 and is free, other than your commitment of time. Representatives from the Administration, Finance, Recreation and Community Services, Public Works, Community Development, and Police Departments, and the Orange County Fire Authority will take participants on a tour of the day-to-day activities and the challenges that City employees handle in their quest to provide La Palma residents and businesses with the highest level of service possible.

Last year's participants said that it was well worth their time and that they came away with a better understanding of the City's finances, the services the City provides to residents and businesses, and how each of the departments operates.

The La Palma Civic Academy will be held on Thursday nights from 6:30 p.m. to 9:00 p.m., on September 16, 23, 30, and October 7. The final graduation night, October 14, starts at 6:00 p.m.

Space is limited, so please contact Sergeant Raul Morales at (714) 690-3386 or by email at [rmorales@cityoflapalma.org](mailto:rmorales@cityoflapalma.org) to reserve your seat or to request additional information.



# Community | Pride

## Neighborhood Grants Available

Do you have a great community-building idea for your street, block, neighborhood, or the City as a whole? The City of La Palma can help bring your idea to life through the new Neighborhood Grant Program.

Grants up to \$300 are available for projects or events that increase communication among neighbors, improve the physical condition of a neighborhood, enhance neighborhood pride and identity, or help build bridges between cultural groups. The Neighborhood Grant Program will help you create a successful project or event. By bringing people together for a neighborhood improvement project, you are helping to strengthen the La Palma community.

To be eligible, projects or events must meet the following requirements:

(1) provide an identifiable benefit or positive impact to your street, block, or neighborhood; (2) have a specific timeline, clearly defined steps and outcomes, and a breakdown of the costs; (3) must not be political or religious in nature; and (4) must include the active involvement of at least three La Palma households.

Applications must be submitted and approved prior to starting your project or event. More information and application packets are available at the City's website [www.cityoflapalma.org/grant](http://www.cityoflapalma.org/grant) or at La Palma City Hall.

## Home Spotlight

This Fall's Home Spotlight Award goes to Helen Toma who resides at 7152 Tiara Lane. Helen has lived in La Palma since 1968 and has raised four children. She enjoys visits from her nine grandchildren and two great grandchildren often. In addition to her recently installed new roof, Helen has included low maintenance shrubs and ground coverings throughout the flower beds to compliment the well maintained lawn that golfers would be envious of. La Palma's congratulates Helen Toma for being the Fall 2010 Home Spotlight Award winner. Thank you for keeping La Palma beautiful and environmentally friendly!



## 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](mailto: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!

Each quarter a home is selected by the La Palma Community Activities & Beautification Committee to receive 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](mailto:recreation@cityoflapalma.org)



# Community | **Pride**

## Citywide Beatification Effort Underway

### Arterial Block Walls Painted Totally Tan



Pride of property ownership is a central principal of the City of La Palma's Vision Statement. As part of the City's ongoing effort to promote urban beatification and to ensure the attractiveness of the community, the

City has elected to paint all of the arterial block walls in the community.

The City Council has found that the community as a whole would benefit from this aesthetic enhancement of these aging structures and has elected to paint the walls a neutral color, "Totally Tan" (from Behr paint), that will allow for a uniform approach to all of the arterial block walls in the community.

As part of the beautification project, block walls on Moody Street, Orangethorpe Avenue, Walker Street, Houston Avenue, La Palma Avenue, and Crescent Avenue, have all been inspected to determine if general maintenance was needed and again to check for compliance, prior to the beginning of painting. Since all block walls are privately owned, the City has been mailing out consent forms in order to secure permission from

each property owner for the painting of their specific section of the wall.

Much of Moody Street has already been completed due to the prompt response and cooperation from the property owners in that area. Other streets have recently received letters advising them of the project and others will receive their letters shortly. The next phase of painting is anticipated to start in late September and all of the remaining arterial streets should be completed by the year's end. We ask that property owners promptly complete and return their signed consent forms in order to expedite the painting process. After all, we all want our neighborhoods to continue to look their best and protect property values in our City.

The City of La Palma asks that you continue to help us foster a better community for everyone by participating in this beautifications project. Should you have any questions, please feel free to contact the City's Code Enforcement Division at (714) 690-3342.



## Central Park Design Considered

On Tuesday, July 20, 2010, the La Palma City Council reviewed the Conceptual Site plan for Central Park as adopted in conjunction the Comprehensive Parks & Recreation System Master Plan. Staff and consultants from MIG presented photographs of both design elements and equipment recommended to be included in the final design. An optional Art in Public Spaces component was also presented for consideration.

During public comment, several residents expressed concern regarding the proposed relocation of the softball field. A former City Councilmember also shared his concern with the removal of the volunteer-built gazebo which commemorated the United States Bicentennial celebration. Additional comments suggested that the final design incorporate elements which remind residents of La Palma's dairy farm roots.

After discussion and further public input, the City Council directed staff

to leave the softball field in its current location and to further refine the design. This design will be presented to the City Council at their September 7, 2010 meeting. Additionally, staff will bring the public art component back to the City Council for consideration at a future meeting.

More information regarding the Park Master Plan or the Conceptual Site plan can be viewed at [www.cityoflapalma.org/MasterPlanDesign](http://www.cityoflapalma.org/MasterPlanDesign). If you have questions about the Central Park Conceptual Plan or wish to be notified when the City Council meets on this item, please contact us at (714) 690-3350.

# Seasonal Events

## Halloween Carnival

Sunday, October 31, 2010

6:00 – 8:30 p.m., Central Park

FREE

**Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat!**

Our yearly spooktacular event features a fabulous COSTUME CONTEST for ghouls and boys with special prizes in each age division! This year's Halloween spookfest will feature CARNIVAL GAMES, a "GOBLIN GULCH" for children under the age of 5, and a HAUNTED area.

Community groups, organizations and individuals are invited to operate a carnival booth as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Recreation and Community Services Department at (714) 690-3350.

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.



## La Palma Pageant

Sunday, November 7

5:00 – 8:00 p.m.

**AVHD Performing Arts Center at Kennedy High School**

The La Palma Pageant Committee is currently seeking individuals interested in entering the La Palma Pageant, scheduled for Sunday, November 7, 2010. To qualify, prospective contestants must either live, work, or attend school in the City of La Palma, and be between the ages of 17 and 23 on the date of the pageant. Scholarships will be awarded.

If you are interested in becoming a contestant, please complete and return an entry form to Central Park by September 12. An orientation for prospective contestants will also be held on Sunday, September 12.



## 24th Annual Holiday Tree Lighting

Wednesday, December 1

4:30 – 7:30 p.m.

**Central Park Amphitheater**

Join your friends and family for this annual holiday favorite. Every year this event brings the La Palma community together to ring in the holiday season! Enjoy the musical talents from our local schools and join in during the Community Carol Sing Along. Join Santa and his elves in the activities area before the event. This area will feature crafts, an opportunity to write a letter to Santa, and of course, the young and young-at-heart won't want to miss an early visit from Santa Claus! For further information, please call (714) 690-3350.



# Seasonal Events

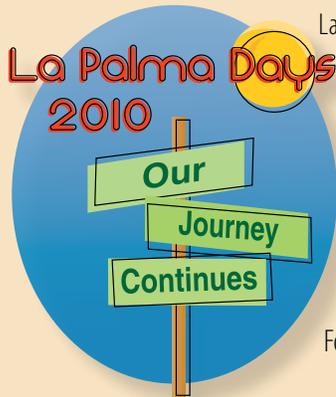
## 26th Annual La Palma Days

Saturday, November 13, 2010

10 a.m. – 6 p.m.

Featuring:

- La Palma Pageant
- Parade & Band Review
- Activities
- Entertainment
- Cultural & Historical Activities
- International Food & Product Vendors



La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 7 then gears up for the grand celebration on Saturday, November 13.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

For more information or to volunteer for this year's event, please call (714) 690-3350 or visit [www.cityoflapalma.org](http://www.cityoflapalma.org).

## La Palma Days Seeking Volunteers

Do you want to be involved in your community? La Palma Recreation and Community Services is actively seeking committed community members to assist in the planning of this year's La Palma Days. Committees include: Parade, Activities, Entertainment, Historical and Culture, and the La Palma Pageant. If any of these strike your interest please call (714) 690-3350.



## Convertibles Needed

You have the opportunity to participate in La Palma's 26th Annual Community Parade and Band Review by driving your convertible in the La Palma Days Parade to be held Saturday, November 13, 2010. Convertibles are needed to carry dignitaries in the parade that will start at 10:00 a.m. and conclude at approximately noon. If you or someone you know is available to participate in this year's parade, please contact parade committee members Ken Blake at (714) 504-3429 / by email at [kenablake@hotmail.com](mailto:kenablake@hotmail.com) or Wayne Zehner at (714) 222-5242 / by email at [waneswld@aol.com](mailto:waneswld@aol.com).



## 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 Recreation Specialist Kayla Rodrigues 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 class will be geared for the newer and younger 3- and 4-year-olds.

**AT OUR SPECIAL TINY TOT REGISTRATION ON SATURDAY, SEPTEMBER 11, 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 VERY 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, September 11, 2010 at 11:30 a.m. No phone-in registrations will be accepted.

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

Classes begin the week of September 13

**Fees: \$122 for 7 weeks on M/W/F \$93 for 7 weeks on T/TH**  
**(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, October 1.

Co-Instructor: N. Brewer & K. Rodrigues

Location: Pygmy

Code	Days	Dates	Time	Fee/Weeks
7500	M W F	9/13-10/29	9:00-12:00 p.m.	\$122 / 7
7502	M W F	11/1-12/17*	9:00-12:00 p.m.	\$122 / 7
7501	T TH	9/14-10/28	9:30-11:30 a.m.	\$93 / 7
7503	T TH	11/2-12/16*	9:30-11:30 a.m.	\$93 / 7

\*No class on 11/11, 11/25, & 11/26

### Kids Love Music

Age: 4 mos – 4 yrs

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 years, Toddlers: 1 – 2 yrs and Babies: 4 – 14 mos (not walking). An optional \$20 materials fee for a music CD, harmonica, and rhythm instrument is payable to the instructor. 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: K. Greeno

Location: Cypress CC

Code	Age	Days	Dates	Time	Fee/Weeks
7507	4-14 mos	T	10/19-11/16	3:15-3:45 p.m.	\$55 / 5
7508	1-4	T	10/19-11/16	4:00-4:45 p.m.	\$55 / 5
7509	1-4	T	10/19-11/16	5:00-5:45 p.m.	\$55 / 5

### Music For Little Mozarts

Age: 4 – 5

An excellent music program designed for the young child. While participating in the adventures of Beethoven Bear and Mozart Mouse, children will learn the beginning principles of piano playing. Parent participation required. Siblings allowed only if enrolled. A \$10 material fee (cash only) is payable to instructor at first class.

Instructor: The Music Academy

Location: Fan Palm

Code	Days	Dates	Time	Fee/Weeks
7510	M	9/13-10/18	2:30-3:00 p.m.	\$60/6
7511	M	10/25-11/29	2:30-3:00 p.m.	\$60/6





# Activity Guide

## Preschool / Toddlers

### 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
7512	1 1/2-3	TH	9/23-10/28	9:30-10:30 a.m.	\$44 / 6
7513	2 1/2-5	TH	9/23-10/28	10:45-11:45 a.m.	\$44 / 6
7514	1 1/2-3	TH	11/4-12/16*	9:30-10:30 a.m.	\$44 / 6
7515	2 1/2-5	TH	11/4-12/16*	10:45-11:45 a.m.	\$44 / 6

\*No class on 11/25

### Anaheim Ice Parent & Me Skating

Age: 3 – 5

What 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
7516	T	9/21-10/12	12:30-1:00 p.m.	\$39 / 4
7517	SAT	9/25-10/16	11:45-12:15 p.m.	\$39 / 4
7518	T	10/19-11/9	12:30-1:00 p.m.	\$39 / 4
7519	SAT	10/23-11/13	11:45-12:15 p.m.	\$39 / 4

### 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
7520	W	9/22-10/13	4:30-5:00 p.m.	\$39 / 4
7521	SAT	9/25-10/16	11:45- 12:15 p.m.	\$39 / 4
7522	W	10/20-11/10	4:30-5:00 p.m.	\$39 / 4
7523	SAT	10/23-11/13	11:45- 12:15 p.m.	\$39 / 4

## Youth

### Multi-Sport Camp

Age: 2 – 7

Here is a great chance for kids to play their favorite sports (soccer, tball, basketball) all at one class. This class is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

Instructor: Trifytt Staff

Location: Central Park

Code	Age	Days	Dates	Time	Fee/Weeks
7690	2-3	T	9/14-10/12	4:30-5:00 p.m.	\$45 / 5
7691	3-4	T	9/14-10/12	5:00-5:45 p.m.	\$45 / 5
7692	5-7	T	9/14-10/12	6:00-6:45 p.m.	\$45 / 5
7693	2-3	T	11/9-12/7	4:30-5:00 p.m.	\$45 / 5
7694	3-4	T	11/9-12/7	5:00-5:45 p.m.	\$45 / 5
7695	5-7	T	11/9-12/7	6:00-6:45 p.m.	\$45 / 5



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



## Pee Wee Kicks

Age: 4 – 7

Goal! La Palma Recreation is proud to present Pee Wee Kicks, our two-days-per-week soccer 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 soccer, 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, soccer button, and special participation trophy. Registration is going on now! The Pee Wee Soccer season starts September 13. A separate registration form is required.

Location: Central Park

Code	Days	Dates	Time	Fee/Weeks
7524	MW	9/13-11/3	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

Code	Days	Dates	Time	Fee/Weeks
7525	T	9/7-9/28	4:30-5:30 p.m.	\$35 / 4
7526	T	10/5-10/26	4:30-5:30 p.m.	\$35 / 4
7527	T	11/9-11/30	4:30-5:30 p.m.	\$35 / 4
7528	T	12/7-12/28	4:30-5:30 p.m.	\$35 / 4

## 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
7529	T	9/7-9/28	5:30-6:30 p.m.	\$35 / 4
7530	T	10/5-10/26	5:30-6:30 p.m.	\$35 / 4
7531	T	11/9-11/30	5:30-6:30 p.m.	\$35 / 4
7532	T	12/7-12/28	5:30-6:30 p.m.	\$35 / 4

## 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
7533	6-7	M	9/13-10/18	3:00-3:50 p.m.	\$60 / 6
7534	8-14	M	9/13-10/18	4:00-4:50 p.m.	\$60 / 6
7535	6-7	M	10/25-11/29	3:00-3:50 p.m.	\$60 / 6
7536	8-14	M	10/25-11/29	4:00-4:50 p.m.	\$60 / 6

## Drumming Basics

Age: 9 – 12

You will learn basic drumming skills to teach you to be a successful drummer. This class is designed to teach basic rotation and counting skills that can be used with another instrument. A list of recommended equipment will be provided at the first class.

Instructor: Recreation Staff

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7537	M	9/13-10/11	6:30-7:30 p.m.	\$30 / 5
7688	M	10/18-11/15	6:30-7:30 p.m.	\$30 / 5

## Young Rembrandts:

### Elementary Drawing Class

Age: 6 – 12

Our elementary age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe all children can, and should, learn to draw. We provide all materials and new lessons each week! You'll see increased art abilities, learning skills, self-confidence and self esteem.

Instructor: Young Rembrandts

Location: Queen Palm

Code	Days	Dates	Time	Fee/Weeks
7538	T	9/7-10/5	3:15- 4:15 p.m.	\$60 / 5
7539	T	10/12-11/9	3:15- 4:15 p.m.	\$60 / 5
7540	T	11/16-12/14	3:15- 4:15 p.m.	\$60 / 5



# Activity Guide

## Youth

### Young Rembrandts: Cartooning Class

Age: 6 – 12

Learning to draw can be fun, especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations. We provide all materials and teach new lessons each week!

Instructor: Young Rembrandts Location: Queen Palm

Code	Days	Dates	Time	Fee/Weeks
7541	T	9/7-10/5	4:30-5:30 p.m.	\$60/5
7542	T	10/12-11/9	4:30-5:30 p.m.	\$60/5
7543	T	11/16-12/14	4:30-5:30 p.m.	\$60/5

### 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 upon 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
7544	SAT	9/11-10/2	9:00-10:00 a.m.	\$35 / 4
7545	SAT	10/9-10/30	9:00-10:00 a.m.	\$35 / 4
7546	SAT	11/6-11/27*	9:00-10:00 a.m.	\$26 / 3
7547	SAT	12/4-12/18	9:00-10:00 a.m.	\$26 / 3

\*No class on 11/13

**Get Active. Have Fun.  
Register for a class today!**

### 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
7548	MW	9/8-9/27	3:30-4:30 p.m.	\$35 / 3
7549	MW	10/4-10/20	3:30-4:30 p.m.	\$35 / 3
7550	MW	11/1-11/17	3:30-4:30 p.m.	\$35 / 3

### Junior Karate

Age: 8 – 14

Karate at the 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

Code	Days	Dates	Time	Fee/Weeks
7551	TTH	9/7-9/23	4:30-5:30 p.m.	\$35 / 3
7552	TTH	10/5-10/21	4:30-5:30 p.m.	\$35 / 3
7553	TTH	11/2-11/18	4:30-5:30 p.m.	\$35 / 3

### 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 the 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

Code	Days	Dates	Time	Fee/Weeks
7554	MW	9/8-9/27	4:30-5:30 p.m.	\$35 / 3
7555	MW	10/4-10/20	4:30-5:30 p.m.	\$35 / 3
7556	MW	11/1-11/17	4:30-5:30 p.m.	\$35 / 3



## Youth/Teens

### Traditional Martial Arts

Age: 6 to 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

Code	Days	Dates	Time	Fee/Weeks
<b>BEGINNER</b>				
7565	SAT	9/11-10/2	10:00-11:00 a.m.	\$35 / 4
7566	SAT	10/9-10/30	10:00-11:00 a.m.	\$35 / 4
7561	SAT	11/6-11/27*	10:00-11:00 a.m.	\$26 / 3
7558	SAT	12/4-12/18	10:00-11:00 a.m.	\$26 / 3
<b>INTERMEDIATE</b>				
7567	SAT	9/11-10/2	11:00-12:00 a.m.	\$35 / 4
7568	SAT	10/9-10/30	11:00-12:00 p.m.	\$35 / 4
7562	SAT	11/6-11/27*	11:00-12:00 a.m.	\$26 / 3
7557	SAT	12/4-12/18	11:00-12:00 p.m.	\$26 / 3
<b>ADVANCED</b>				
7569	SAT	9/11-10/2	12:00-1:00 p.m.	\$35 / 4
7570	SAT	10/9-10/30	12:00-1:00 p.m.	\$35 / 4
7563	SAT	11/6-11/27*	12:00-1:00 p.m.	\$26 / 3
7559	SAT	12/4-12/18	12:00-1:00 p.m.	\$26 / 3

\*No class on 11/13



### Fit N Fun After School Drop-in Program

The La Palma Recreation and Community Services is proud to announce the return of our award winning after school drop-in program, Fit N Fun. Fit N Fun is for students in grades 1st – 6th at Miller, Luther and Los Coyotes Elementary Schools. Trained Recreation Staff will visit 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! Supervision is provided from the time school ends until 3:45 p.m. even on minimum days! Fit N Fun staff has been waiting for this year to start all summer, with new games and crafts to play with the children. 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

**Fit N Fun starts the week of October 4;**

**Registration forms are available now!**



# Activity Guide

## Youth/Teens

### 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 \$15 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

Location: Tennis Courts

Code	Level	Age	Days	Dates	Time	Fee/Weeks
7578	1/2	7-14	W	9/15-11/17	6:30-7:30 p.m.	\$75 / 10
7575	2/3	7-14	W	9/15-11/17	7:30-8:30 p.m.	\$75 / 10
7579	1/2	9-11	SAT	9/18-12/4*	9:00-10:00 a.m.	\$75 / 10
7573	2/3	10-14	SAT	9/18-12/4*	10:00-11:00 a.m.	\$75 / 10

\*No class on Saturday 11/13

### Anaheim Ice Skating: Show Off Your Holiday Sparkle!

Age: 3 – 16

Be a part of the Anaheim ICE 16th Annual Holiday Ice Skating Show!!! You will be participating in one of our show's group numbers. Practices will be held on Saturdays from 10:15 a.m. – 10:45 a.m. The show will take place on Saturday, December 4 with two performances: 2:30 p.m. and 7 p.m. Fee includes all five practices, two performances, & one complimentary chaperone ticket for each show. (Some skating experience required).

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

Instructor: Anaheim ICE Staff

Location: Anaheim ICE

Code	Days	Dates	Time	Fee/Weeks
7580	SAT	10/30-12/4*	10:15-10:45 a.m.	\$49 / 5

\*No class on 11/27

### 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
7581	W	9/22-10/13	5:00- 5:30 p.m.	\$39 / 4
7582	SAT	9/25-10/16	10:45-11:15 a.m.	\$39 / 4
7583	W	10/20-11/10	5:00- 5:30 p.m.	\$39 / 4
7584	SAT	10/23-11/13	10:45-11:15 a.m.	\$39 / 4

### 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
7585	W	9/22-10/13	6:15- 6:45 p.m.	\$39 / 4
7586	W	10/20-11/10	6:15- 6:45 p.m.	\$39 / 4

## The HUB for Teens

The Hub is an intergenerational facility that will give teens a chance to hang out with their friends in a supervised environment. The Hub will be open Monday through Friday from 2:00 p.m. until 6:00 p.m.

A FREE membership is required to participate in activities at The Hub and features activities such as Wii Gaming System, Ping Pong, Movies, Books, Board Games, Computers, and Discount card to your favorite spots

The Hub is located in the Ralphs Shopping Center at 5414 La Palma Avenue. For more information please call (714) 690-3350.

Drop in on a daily basis to find out what fun activity is planned for the day!





## Teen Lounge

### October 12 – December 14

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

Arnold/Cypress Park

8611 Watson Street, Cypress

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

### Grand Re-opening

Tuesday, October 12- BBQ, XBOX, Prizes, and Fun!



## TEEN EVENTS

### Fridays Nights at The Hub!

Bring your friends and enjoy Friday nights full of activities such as movie nights, tournaments, ping pong, XBOX, Wii, and much more!

5414 La Palma Ave, La Palma

Fridays: 6:00 p.m. – 9:00 p.m. (except 11/12 and 11/26)

### Scary Movie Night

Friday, October 29

Kickoff the Halloween festivities and enjoy a scary movie with all your friends. We will be serving popcorn and goodies.

### 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

Buy a fast pass for the entire school year for only \$30 for 6 dances!

If you purchase the 2010-2011 "Fast Pass", you can save both time and money for our dances throughout the year. That's right! You're entitled to SIX dances throughout the year for only \$30 dollars. Just bring your ID to each dance and jump to the front of the line. When you purchase the Fast Pass, you also get a free meal ticket for our snack bar to use during the Thriller Teen Dance. Stop by the Recreation Department to purchase your Fast Pass Today!

### Homecoming Dance

Saturday, September 25

Pre-Registration by September 24

Come kick off the school year by dancing the night away with your friends at the homecoming dance.

### Thriller Teen Dance

Saturday, October 23

Pre-registration by October 22

Come party with your friends in celebration of Halloween! Make sure to wear your scariest, funniest or most creative costumes to enter into our costume contest. Dress Code still applies!

### Holiday Blowout Dance

Saturday, December 11

Pre-Registration by December 10

Time to celebrate the holidays at the Holiday Blowout Dance. Don't miss out on your chance to hang out with your friends before you go on break.

**This dance will be held at the Cypress Community Center, 5700 Orange Avenue.**

## Upcoming 2011 Special Teen Events

Be My Valentine Dance	February 12
Teen Fashion Scene	March 19
Mardi Gras Dance	April 16
Flashlight Egg Hunt	April 23
Battle of the Bands	May 7
Aloha Dance	June 4



# Activity Guide

## Teen / Adult

### 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 in 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	Days	Dates	Time	Fee/Weeks
7587	Home Study	9/7-12/17		\$91
7588	Internet	9/7-12/17		\$75



### 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
7589	M	9/13-10/11	6:30-8:30 p.m.	\$40 / 5
7590	M	10/18-11/15	6:30-8:30 p.m.	\$40 / 5
7591	M	11/22-12/20	6:30-8:30 p.m.	\$40 / 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 Vertiform concept. Vertiform (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 \$60 is due on September 13, and the second payment of \$60 is due by October 25.

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
7592	MW	9/13-12/8*	5:45-6:45 p.m.	\$120 / 12
7593	MW	9/13-10/20	5:45-6:45 p.m.	\$60 / 6
7594	MW	10/25-12/11	5:45-6:45 p.m.	\$60 / 6
Pay as you go	SAT	9/18-12/11**	8:30-9:45 a.m.	\$6 / 1 day
Pay as you go	MW	9/13-12/8*	5:45-6:45 p.m.	\$6 / 1 day

\*No class on 11/24 & 12/1

\*\*No class on 11/13 & 11/27

### 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 programs. Volunteer hours are limited, so make your arrangements TODAY! Please call the Recreation main line at (714) 690-3350 for additional information.



## 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 their 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
7630	MW	9/8-9/27	6:30-7:30 p.m.	\$35 / 3
7631	MW	10/4-10/20	6:30-7:30 p.m.	\$35 / 3
7632	MW	11/1-11/17	6:30-7:30 p.m.	\$35 / 3

## 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
7633	TTH	9/7-9/23	5:30-6:30 p.m.	\$35 / 3
7634	TTH	10/5-10/21	5:30-6:30 p.m.	\$35 / 3
7635	TTH	11/2-11/18	5:30-6:30 p.m.	\$35 / 3

## 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
7636	TTH	9/7-9/23	6:30-7:30 p.m.	\$45 / 3
7637	TTH	10/5-10/21	6:30-7:30 p.m.	\$45 / 3
7638	TTH	11/2-11/18	6:30-7:30 p.m.	\$45 / 3

## 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 mediation works remarkably well 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. A great class to get in shape quickly and safely! Class is taught by a Certified Yoga Instructor.

Instructor: Chopra/Seyller Location: MA Center

Code	Days	Dates	Time	Fee/Weeks
7639	MW	9/8-9/27	7:30-8:30 p.m.	\$55 / 3
7640	MW	10/4-10/20	7:30-8:30 p.m.	\$55 / 3
7641	MW	11/1-11/17	7:30-8:30 p.m.	\$55 / 3

## Women's Self Defense

Age: 14+

This class will be tailored towards 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
7642	F	9/10-9/24	5:30-6:30 p.m.	\$45 / 3
7643	F	10/1-10/15	5:30-6:30 p.m.	\$45 / 3
7644	F	11/5-11/19	5:30-6:30 p.m.	\$45 / 3

## 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
7649	W	9/22-10/13	7:00-7:30 p.m.	\$39 / 4
7650	TH	9/23-10/14	12:30-1:00 p.m.	\$39 / 4
7651	W	10/20-11/10	7:00-7:30 p.m.	\$39 / 4
7652	TH	10/21-11/11	12:30-1:00 p.m.	\$39 / 4



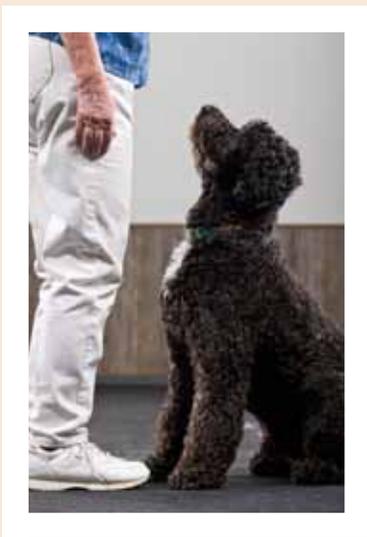
# Activity Guide

## Teen/Adult

### 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
7685	M	9/20-11/8	7:00-8:00 p.m.	\$75 / 8

### 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
7653	TTH	9/7-9/30	7:00-8:00 p.m.	\$40 / 4
7654	TTH	10/5-10/28	7:00-8:00 p.m.	\$40 / 4
7655	TTH	11/2-11/23	7:00-8:00 p.m.	\$40 / 4
7656	TTH	11/30-12/23	7:00-8:00 p.m.	\$40 / 4

### 30 Minute Burn

Age: 13+

Master Cynthia has helped countless women achieve toned & defined bodies. With over 17 years of experience in Martial Arts & Fitness Training, her common sense approach to the feminine body is a unique way to obtain your ideal shape.

- Sculpted Arms
- Flat Abs
- Firm Thighs
- Tight Buns

Instructor: Master Markopolos Location: Tae Kwon Do

Code	Days	Dates	Time	Fee/Weeks
7657	MTH	9/6-9/30	7:15-7:45 p.m.	\$40 / 4
7658	MTH	10/4-10/28	7:15-7:45 p.m.	\$40 / 4
7659	MTH	11/1-11/29*	7:15-7:45 p.m.	\$40 / 4
7660	MTH	12/2-12/30	7:15-7:45 p.m.	\$40 / 4

### 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
7677	W	9/8-10/13	7:30-9:00 p.m.	\$55 / 6
7678	W	10/20-11/17	7:30-9:00 p.m.	\$45 / 5
7679	W	12/8-12/29	7:30-9:00 p.m.	\$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
7661	M	9/20-10/25	6:30-7:30 p.m.	\$32 / 6
7662	M	11/1-12/6	6:30-7:30 p.m.	\$32 / 6

### Two Step & 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
7663	M	9/20-10/25	7:30-8:30 p.m.	\$32 / 6
7664	M	11/1-12/6	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
7665	M	9/20-10/25	8:30-9:30 p.m.	\$32 / 6
7666	M	11/1-12/6	8:30-9:30 p.m.	\$32 / 6

### You Can Reach Us!

Monday-Friday  
7:30 a.m. to 10:00 p.m.

Weekends  
8:00 a.m. to 8:00 p.m.

(714) 690-3350

### Practical Parent Talk Workshops

Parents are taught highly effective, respectful ways of talking with children that encourage self-reliance, stimulate learning, and promote family harmony. Appropriate and applicable to parents with children of all ages—toddlers to teens! Let parent education veteran, Kathy Salazar, inspire and encourage you in your parenting! These tools work whether you're dealing with a child who won't do his homework, refuses to cooperate, is using inappropriate language or so many of the typical behaviors that get under our "parental skin!"

Instructor: K. Salazar

Location: Cypress CC

Re-stock your parenting toolbox! Each of the workshops below features The Parent Talk System where parents are empowered to deal confidently with typical daily situations that most families face.

#### Taming Power Struggles

Pickup and practice some new language strategies that actually prevent the battles, defuse conflict and empower both you and your child to search for and reach positive solutions. Emphasis is on the "power of choice" for children and parents, maintaining parental influence and teaching responsibility and respect.

Code	Days	Dates	Time	Fee/Weeks
7667	F	9/10	9:45-11:15 a.m.	\$10
7670	F	10/8	9:45-11:15 a.m.	\$10

#### Creating a Culture of Accountability

Gain strength, parental fortitude and some choice and respectful words to set reasonable limits and provide appropriate consequences. Learn specific strategies to prepare your children for increased responsibility and independence in school and at home while building character and strengthening family relationships.

Code	Days	Dates	Time	Fee/Weeks
7668	F	9/17	9:45-11:15 a.m.	\$10
7671	F	10/15	9:45-11:15 a.m.	\$10

#### Self-esteem and Confidence

Dramatically increase your child's confidence and self-esteem through appropriate and effective praise. Learn what to say and how to say it when your child needs correction so that the impact of your words is most helpful and not hurtful.

Code	Days	Dates	Time	Fee/Weeks
7669	F	9/24	9:45-11:15 a.m.	\$10
7672	F	10/22	9:45-11:15 a.m.	\$10

#### Eliminating Annoying Behaviors

In this powerful workshop you will learn and have time to practice the exact parental words that will eliminate your child's most annoying and frustrating behaviors. Leave this workshop empowered and confident in addressing behaviors you've tried to eliminate for years!

Code	Days	Dates	Time	Fee/Weeks
7673	F	10/1	9:45-11:15 a.m.	\$10
7674	F	11/5	9:45-11:15 a.m.	\$10



# Activity Guide

## Adult

### Watercolor Painting Studio

Age: 18+

This is a beginning/intermediate class working in watercolor. Learn painting methods that will enable you to create realistic watercolor paintings. All students will receive informative color booklet and handouts. Class includes: lectures, instructor demonstrations & direct in-class painting.

Instructor: J. Bloom

Location: Cypress SC

Code	Days	Dates	Time	Fee/Weeks
7675	W	10/20-12/8	6:30-9:30 p.m.	\$95 / 8

### Photography 101

Age: 18+

Photography 101 is a fun way to make money with your camera! You will learn how to take pictures you will love to show others. Learn how to get more out of your camera! Be ready to get great vacation shots and bring your camera to class and be ready for fun! This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: R. Hinckley

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
7676	W	9/22-10/27	6:30-8:30 p.m.	\$42 / 6

### Fall Floral Centerpiece



Age: 18+

Learn the fundamentals of floral arranging and create a warm fall centerpiece that will impress your friends and family. Fill your home with the scent and beauty of fresh flowers arranged by YOU! A \$15 flower fee is payable to the instructor. Bring a pair of small garden scissors or pruners. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: Gini Ortega

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
7686	M	11/22	6:30-8:30 p.m.	\$27

### Holiday Floral Centerpiece



Age: 18+

Decorate your holiday table with the splendor of flowers. Learn the basics and create a fabulous focal point that welcomes your family and friends to your home. Fill your home with the scent and beauty of fresh flowers arranged by YOU! A \$15 flower fee is payable to the instructor. Bring a pair of small garden scissors or pruners. This class is co-sponsored with Buena Park Recreation and will be held at the Ehlers Community Center, 8150 Knott Avenue.

Instructor: G. Ortega

Location: Ehlers CC

Code	Days	Dates	Time	Fee/Weeks
7587	TH	12/9	6:30-8:30 p.m.	\$27

## Older Adults

### Chair Fitness



Age: Older Adults

Open the door to better health, greater independence and a fulfilling life. This course is a low-impact aerobic group exercise that helps build flexibility, balance and endurance. Feel great with a full body workout.

Instructor: YMCA Staff

Location: The HUB

Code	Days	Dates	Time	Fee/Weeks
7682	T/TH	9/7-9/30	9:00-10:00 a.m.	\$29 / 4
7683	T/TH	10/5-10/28	9:00-10:00 a.m.	\$29 / 4
7684	T/TH	11/2-11/30*	9:00-10:00 a.m.	\$29 / 4

\*No class on 11/25

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

### Exercise, Balance and Mobility

Monday 1:00 – 2:30 p.m.

Thursday 10:30 am – 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.

Instructor: K. Yu

### 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

Location: 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

Location: Cypress SC

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



## La Palma Seniors Club

The La Palma Seniors Club offers adults 50 years and older the opportunity to meet new friends, learn new things, and have a lot of fun! The Club features games, bingo, cards, fund-raising activities, guest speakers, potluck luncheons, special events and community services. The Club's meetings are from 12 noon to 1 p.m. every Thursday. Cards are played from 1 – 3 p.m. The yearly membership fee of \$5 includes the monthly Senior Club Newsletter and full membership privileges. The members at each weekly meeting provide coffee and dessert. The Club also celebrates special events and holidays periodically. The La Palma Seniors Club is a dynamic, active and community-minded group—join them today!

## Information and Referral

If you or someone you know needs help, call Orange County Senior Information and Referral. This is a program designed to provide seniors access to the available agencies and human services programs that can assist them with their problems, legal information, nutrition programs, and much more. Information and Referral is there to help you and to follow up, if necessary, on any contact that might be made. Call the Orange County Senior Information and Referral Office at (714) 567-7500.

## Senior Transportation Referral

For La Palma seniors needing transportation, the La Palma Recreation & Community Services Department provides guidance and referral assistance. There is a variety of options available depending on your needs. Our staff will help identify these options and the process required to access transportation. If necessary, we will work with you to fill out required forms, which can be a daunting task. If you would like referral assistance or have questions regarding transportation for seniors, please contact us at (714) 690-3353.

## La Palma Meals On Wheels

La Palma's Meals on Wheels program was developed to serve nutritionally balanced meals to residents who are physically unable to prepare their own. There are still spaces available to receive meals if you live in La Palma. For more information about the program, please call (714) 690-3350.

### Volunteers Needed

Meals on Wheels is looking for volunteers who would be interested in delivering meals Monday–Friday. Volunteers work twice monthly for about one hour. If you're interested in volunteering, please call (714) 690-3350.

## Improving Access to Community and Social Services

2-1-1 is a free 3 digit telephone number that provides referrals for emergency services, such as food, shelter, child care, services for persons with disabilities, older adults and their caregivers, and alcohol and drug services. This is a much-needed and widely anticipated telephone number, which should streamline the point of access for persons in need of emergency services.

## The HUB for Older Adults

The Hub is an intergenerational facility that will give La Palmans a chance to gather, participate in activities, and attend classes. The Hub will be open Monday through Friday from 9:00 a.m. until 1:00 p.m. for the Older Adult population.



A FREE membership is required to participate in activities at The Hub and features activities such as Wii Gaming System, Ping Pong, Movies, Books, Board Games, Computers, Complimentary Coffee, and Discount card to your favorite spots

The Hub is located in the Ralphs Shopping Center at 5414 La Palma Avenue. For more information please call (714) 690-3350.

Featured weekly activities include the following::

Monday: Wii Bowling League @ 10:00 a.m.

Tuesday: Knitting Fun 10:30 a.m. – 12:30 p.m.

Wednesday: Movie & popcorn @ 10:30 a.m.

Thursday: Craft Day 10:30 a.m. – 12:30 p.m.

Friday: B-I-N-G-O 10:00 a.m. – noon

### 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.



# Activity Guide

## Older Adults

### Beginning Computer Classes

Age: 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
7680	T	9/21-10/26	11:00-12:00 p.m.	Free / 6
7681	T	11/2-12/7	11:00-12:00 p.m.	Free / 6

### Introduction To Martial Arts

Age: 6 to Adult

Have you always wanted to participate in martial art training but thought that it would be too demanding? Have you always 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: J. Amsell

Location: Pygmy Palm

Code	Days	Dates	Time	Fee/Weeks
7645	TTH	9/7-9/30	5:00- 6:00 p.m.	\$35 / 4
7646	TTH	10/5-10/28	5:00- 6:00 p.m.	\$35 / 4
7647	TTH	11/2-11/23	5:00- 6:00 p.m.	\$35 / 4
7648	TTH	11/30-12/16	5:00- 6:00 p.m.	\$26 / 3

## All Ages

### 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.

### 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 4 different tournaments, individuals can sign up for one, two or all of them!

Instructor: LP Chess

Location: Sago Palm

Code	Days	Dates	Time	Fee/Weeks
7696	F	9/10-12/17*	6:00-11:00 p.m.	\$45 / 13
CHESS TOURNAMENTS				
7697	F	9/10	6:00-11:00 p.m.	\$25 / board
7698	F	9/17-10/22	6:00-11:00 p.m.	\$30 / 6
7699	F	10/29-11/19*	6:00-11:00 p.m.	\$20 / 3
7700	F	11/26	6:00-11:00 p.m.	FREE / 1
7701	F	12/3-12/17	6:00-11:00 p.m.	\$15 / 3

\*No class on 11/12

### 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
7571	TTH S	9/7-10/2	5:00-6:00 p.m.	\$50 / 4
7572	TTH S	10/5-10/30	5:00-6:00 p.m.	\$50 / 4
7564	TTH S	11/2-11/27*	5:00-6:00 p.m.	\$50 / 4
7560	TTH S	11/30-12/18	5:00-6:00 p.m.	\$37 / 3

\*No class on 11/13 & 11/25

### You Can Reach Us!

Monday-Friday

7:30 a.m. to 10:00 p.m.

Weekends

8:00 a.m. to 8:00 p.m.

(714) 690-3350




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**Charlene Hatakeyama, Agent**  
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[beth@fredsmithteam.com](mailto:beth@fredsmithteam.com)

Fred Smith DRE#00885080 Beth Hale DRE#01480574

Fax: (562) 860-4193



11306 E. 183rd St. • Suite 204 • Cerritos, CA 90703

**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

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<p><b>FREE SUB</b></p> <p>WHEN YOU BUY ANY SUB OF EQUAL OR GREATER VALUE WITH MED DRINK.</p> <p>Offer Valid only at this location</p> <p>Expires: 12/31/10</p>	<p><b>\$1 OFF</b> or <b>\$2 OFF</b></p> <p>A REG. SUB or A LRG. SUB</p> <p>VALID ONLY ON CLASSIC &amp; SIGNATURE SUBS</p> <p>Offer Valid only at this location</p> <p>Expires: 12/31/10</p>
<p><b>FREE CHIPS &amp; REG. FOUNTAIN DRINK</b></p> <p>WITH THE PURCHASE OF A REG. OR LARGE SUB. VALID ONLY ON CLASSIC &amp; SIGNATURE SUBS</p> <p>Offer Valid only at this location</p> <p>Expires: 12/31/10</p>	<p><b>3 Large Subs</b></p> <p><b>\$13.99</b></p> <p>AFTER 2PM AND ALL DAY ON SATURDAY!</p> <p>Offer Valid only at this location. Excludes Prime Rib</p> <p>Expires: 12/31/10</p>

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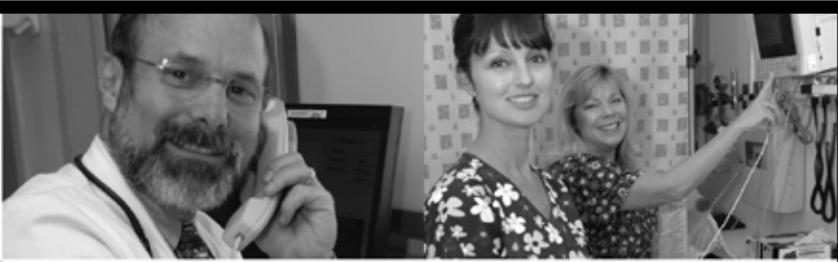
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**LA PALMA**  
**INTERCOMMUNITY HOSPITAL**  
*An affiliate of Prime Healthcare Services, Inc.*

7901 Walker Street, La Palma, CA 90623  
(714) 670-7400 / www.lapalmaintercommunityhospital.com





La Palma Intercommunity Hospital is a 141-bed acute care facility with a wide range of ancillary services. La Palma offers a comprehensive Wound Care Center, Behavioral Health Services including inpatient psychiatry (for adults and senior patients), and an intensive outpatient program.

**SERVICES**

- 24-Hour Emergency Department: minimal wait times for both walk-ins and patients arriving by ambulance
- Cardiac Catheterization Laboratory
- Wound Care Center
- Behavioral Health Services (Inpatient Adult Psychiatry, Intensive Outpatient Program)
- Intensive/Critical Care Unit
- Medical/Surgical Unit with Telemetry
- Community Health Education
- Senior Services (Circle of Friends, Volunteer Program)
- "New Arrivals" Maternity Care

## 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

**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

**Emergency** (714) 690-3370

**Fire** 911

(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

## 12. Adol Ehlers Community Center

8150 Knott Ave., Buena Park

## 13. The Hub

5414 La Palma Ave., La Palma

## La Palma Recreation & Community Services



*Creating Unity in Community*

**T**he 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, Marina Rabinovich
Specialists	D.J. Albarian, Nancy Brewer
	Anthony Kim, Kayla Rodrigues, Tamara York
Senior Office Staff	Jill Olivier & Lori Whalen

### Leaders

Ronalee Abbago	Bryan Amezquita	Joe Cooper
Tim Dodd	Antonio Gonzalez	Austin Greene
Maureen Guinoo	Fahad Gul	Lindsey Gutierrez
David Han	Megan Hana	Emily Kulassia
Ron Lopino	Kristine Luevanos	Jesse Matsukawa
Christian McCombs	Matt Rippel	Nick Rotherham
Denisse Rudolph	Brandon Solem-Kuehl	Michael Vela
Daniel Zagel		



**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=	\$
<b>TOTAL AMOUNT PAID</b>	\$

Make your check payable to:  
**CITY OF LA PALMA**  
 Receipt # \_\_\_\_\_



## Postal Customer La Palma, CA 90623

### 26th Annual La Palma Days

Saturday, November 13, 2010

10 a.m. – 6 p.m.

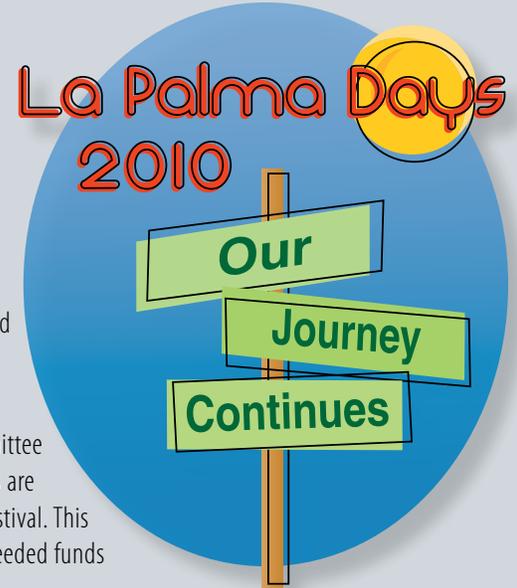
**Featuring:**

- La Palma Pageant
- Entertainment
- Parade & Band Review
- Cultural & Historical Activities
- Activities
- International Food & Product Vendors

La Palma celebrates its diverse heritage with La Palma Days by encouraging residents, business partners and friends to be a part of La Palma's community spirit. La Palma Days kicks off with the La Palma Pageant on Sunday, November 7 then gears up for the grand celebration on Saturday, November 13.

Join the fun by participating in this year's celebration. Volunteers on the La Palma Days Coordinating Committee and various subcommittees are diligently making plans to ensure another successful event. The committees are looking for clubs, organizations, families and businesses that would like to participate in the parade and festival. This event is a great opportunity for local non-profit groups to support their community while earning much-needed funds for their organization!

For more information or to volunteer for this year's event, please call (714) 690-3350 or visit [www.cityoflapalma.org](http://www.cityoflapalma.org).



### Halloween Carnival

Sunday, October 31, 2010

6:00 – 8:30 p.m., Central Park

FREE

**Stop by La Palma's safe, family-oriented alternative to the traditional trick-or-treat!**

Our yearly spooktacular event features a fabulous COSTUME CONTEST for ghouls and boys with special prizes in each age division! This year's Halloween spookfest will feature CARNIVAL GAMES, a "GOBLIN GULCH" for children under the age of 5, and a HAUNTED area.

Community groups, organizations and individuals are invited to operate a carnival booth as a community service project. Your help is greatly appreciated! For more information, please call the La Palma Recreation and Community Services Department at (714) 690-3350.

IN THE EVENT OF RAIN, THE CARNIVAL WILL BE CANCELLED.



### 24th Annual Holiday Tree Lighting

Wednesday, December 1

4:30 – 7:30 p.m.

Central Park Amphitheater

Join your friends and family for this annual holiday favorite. Every year this event brings the La Palma community together to ring in the holiday season! Enjoy the musical talents from our local schools and join in during the Community Carol Sing Along. Join Santa and his elves in the activities area before the event. This area will feature crafts, an opportunity to write a letter to Santa, and of course, the young and young-at-heart won't want to miss an early visit from Santa Claus! For further information, please call (714) 690-3350.

