



Arts & Culture

By Jeanne McCombs, *Monterey Public Library*

The Monterey Public Library will display over 50 photographs from its latest additions to the “Shades of Monterey” collection in the Alvarado Gallery at the Monterey Conference Center from October 6 – December 31. The “Shades of Monterey” project entails copying photos from the albums of local families and collecting their stories. “The purpose of the project,” said Library Archivist Dennis Copeland, “is to add images and information about day-to-day life in Monterey, over the past century, to the Library’s California History Room collections and archives. It is an effort to preserve our community memory.” The exhibit is an opportunity to share and enjoy those memories. The Alvarado Gallery is open Monday through Friday, 10:00 a.m. – 4:00 p.m. For more information visit monterey.org/library or call 646-3949.

Heart Healthy Exercise

By William Rothschild, *Monterey Sports Center*

Using a heart rate monitor can make your workouts safer and more effective, and give you valuable feedback that keeps you motivated and moving. A heart rate monitor can show you how hard you are working, and help you keep track of improvements in your fitness levels. At the Monterey Sports Center, most of the cardio equipment in our Cardio Fitness Center is equipped with wireless receivers that can pick up the signal from your monitor and display your heart rate on the machine’s display. For outdoor running, walking, cycling and other activities, your heart rate can be displayed on a special wrist watch that is often sold with the monitor.



Although the heart monitors can run the gamut from basic heart rate display to advanced computer link options, the use of a heart rate monitor is fairly easy. Subtract your age from 220 to get your estimated maximal heart rate and then use a percentage of that heart rate to get your target heart rate range based on your fitness goals. For burning fat and losing weight, try to exercise at around 60-70% of your estimated maximal heart rate. For improving fitness levels, exercise at around 70-80% intensity, and for athletes, shoot for 80% or higher to increase competitive fitness levels.

HISTORY FEST

By Jim Conway, *Museum & Cultural Arts*

Most people recognize Monterey as one of the most historic cities in the United States, and arguably the most historic city in all of California. History Fest is a community celebration of Monterey’s past. The Monterey History and Art Association, California State Parks and the City of Monterey, collectively known as Historic Monterey, commemorate Monterey’s history each year with events, activities and learning opportunities. Join us this year from October 5-14 when History Fest offers diverse programs to interest historians of all ages. Throughout Monterey, from the Presidio to Cooper-Molera Adobe and the Maritime Museum, programs will be presented to the public. Other groups joining the festivities include the Historic Garden League, San Carlos Cathedral, State Theater and Museum of Art. The kick-off for History Fest will be held on the lawn in front of Colton Hall on October 5 at 11:00 a.m. Learn more about History Fest at historicmonterey.org