



SPRING INTO ACTION AS A VOLUNTEER!

By Tish Sammon,
Community Resources

With National Volunteer Week and Earth Day in April, the time is right to focus on ways to give time and energy to volunteer with the City of Monterey. Volunteers are active in every City department and with varying levels of time commitments. From providing support at the Monterey Public Library to becoming a Community Emergency Response Team (CERT) member, volunteers strengthen and enhance City services. Like working outside? Join the Tuesday Volunteers in Parks or help eradicate invasive kelp from the harbor one Saturday each month. Interested in history and like working with people? History volunteers are key to assisting the public at the Presidio Museum, California History Room and Colton Hall. Interested in the workings of the Police Department? Consider becoming a Monterey Volunteer in Policing. Ongoing opportunities for clerical assistance, data entry, scanning projects and law library assistance can be long- or short-term assignments. And don't forget to look for announcements about one-time community or beach clean-ups. Want to know more? Check monterey.org/volunteer or call 646-3719.

THE MONTEREY SENIOR CENTER Crafts, Dancing and Travel

By Shannon Beltran, *Recreation Dept.*

The Monterey Senior Center offers a wealth of new programs for adults and seniors. Sculpting from the Live Model, Needlepoint, Sewing, Ceramics, Senior-Cise and Coping with Aging are currently being offered. Dance classes are very popular and include Line Dancing, Tap, Scottish Country Dancing, International Folk Dancing and Ballroom Dancing.

Did you know that the Monterey Senior Center also offers a travel program? You can attend plays, concerts and many other fun excursions for one low price. Relax and enjoy the ride without having to fight the traffic. The Monterey Senior Center also offers a variety of special events, luncheons and parties for adults and seniors throughout the year. So stop in and see what the center has to offer, call 646-3878 or visit us on the web at monterey.org/communitycenters. The Monterey Senior Center is located at 280 Dickman Avenue, at the corner of Lighthouse and Dickman avenues.

WAIST SIZE MATTERS

By Bill Rothschild,
Monterey Sports Center

A new study demonstrated that where you put on that few extra pounds has a significant impact on your chances of having a heart attack. Men with large abdominal measurements had a 42% higher risk of heart attack, and women were 44% more likely to have a heart attack.

The study focused on a factor known as sagittal abdominal diameter, a girth measurement taken around the abdomen, halfway between the top of your pelvis and your lower ribs. The measurement is done with calipers by

a health professional and is much more accurate than a simple waistline measurement.

The study tracked 100,000 male and female members of Kaiser-Permanente of Northern California over a 12-year period. The message is clear. To avoid future heart problems, work towards maintaining or achieving a healthy weight and reduce the size of your abdomen.

The Monterey Sports Center offers Body Fat Testing, Fitness Assessment, Personal Training and Fitness Programs for all ages. Call Bill Rothschild, Fitness Manager at the Monterey Sports Center at 646-3492 for more information.

ATTENTION TEENS 13 TO 16! Looking for something to do this summer? Interested in gaining work experience? Become a summer Volunteer with the City of Monterey and learn about City programs from the inside while gaining valuable experience as a community volunteer. Information and applications are available on the Web at monterey.org/volunteer or by calling 646-3719.