

## Centennial Update!

**H**appy One Hundred Birthday Manhattan Beach! There is so much for us to celebrate when we consider the humble beginnings of our beach side community. One hundred years ago it was a non-descript sea shore hub, a friendly welcoming place for all visitors and residents. It was an idyllic scene for a leisurely stroll, a dive in the ocean or afternoon picnic. One hundred years later the City of Manhattan Beach has its name on the map but remains an idyllic scene for a leisurely walk on the Strand, a surfer's paradise and a great place for a concert in the park and of course home to more than 34,000 residents.

However, the one thing that has always made this City great is the people. Those who had the courage and the vision to establish a home and business here more than one hundred years ago had a spirit and drive that was kindled by their love of the fresh sea air, the easy pace of life and the appreciation of the wealth of our beaches and oceans. That same spirit lives in the residents here today. All of us value and protect the small town atmosphere of our city, our beautiful, clean oceans and a piece of the American dream which has allowed us to treasure all that we have. This is what we are celebrating this Centennial year. All of us, each of you, everyone who has come before and those who will continue our City's legacy in the future! I pride myself on being a mayor to such a diverse population but also one who collectively loves Manhattan Beach.

Thank you for the contributions that you have made and thank you for joining in the celebration that marks our One Hundredth Birthday!

Respectfully yours,

**Nick Tell**

Mayor

We hope you all enjoyed the Centennial Carnival sponsored by the Village Mall in January. It was great to see such a large turn-out of folks, young and old joining together in celebration of the City's one hundred years.

**Save the Dates; here is the line-up for the next five major events;**

### **TASTE OF MANHATTAN BEACH**

This ticketed event will be held in the downtown area on Sunday, March 25, 2012 from 1:00 – 5:00 p.m. This event will feature cuisine from local restaurants, live music, entertainment, cooking demonstrations, and much more.

### **MANHATTAN BEACH PARADE AND HISTORICAL PICNIC**

The Centennial Parade begins at Pacific Elementary School at 10:00 a.m. on the morning of Saturday, May 19, 2012. The parade route will end at Polliwog Park and culminate in an Old Time Picnic at the Park along with "A Walk Through Time" historic photo display, food and entertainment.

### **MB 100 FESTIVAL**

The summer months in the sand are always a great place to celebrate. On Saturday, July 7, 2012 the City will host the MB 100 Festival, Downtown Open House and Pier Event

free to the public. Enjoy a display of Southern California cars from past decades, including woodies, and convertibles; activities and art as well as a chance to visit our downtown shops.

### **CENTENNIAL BEACH BALL**

September 22, 2012 will find us all dancing under the stars at the place we all cherish the most, our beach! This ticketed event will feature dinner and dancing just north of the pier on our very own beach.

### **HOLIDAY FIREWORKS**

Our Centennial Year couldn't end with anything more appropriate than our Holiday Fireworks Grand Finale! Join us as we wrap up a one year celebration of our One Hundredth Birthday on December 9, 2012 7:00 p.m. at the base of our beloved Pier.





## GOT MULCH??

- MULCH retains soil moisture
- MULCH protect against pests and disease
- MULCH deters weed growth
- MULCH saves \$\$ and water
- MULCH reduces toxic water-runoff

### APPLY 2" – 4" to your garden

FREE organic mulch is available at the Public Works Yard at 3621 Bell Ave. Just drive up and take as much as you need. Bring your own tools.

## FREE Landscape Advice

Is your garden water-wise and ocean friendly? Not sure? The City is offering **FREE Sustainable Landscape Audits**.

Choose from a list of approved, professional landscapers. Find out how to eliminate toxic fertilizers and reduce your water bills.



Plants
  Irrigation
  Soil
  Wildlife
  Lawn

For more information on these programs, visit the Going Green website at [www.citymb.info](http://www.citymb.info)

## 20TH ANNUAL EARTH DAY CELEBRATION!

POLLIWOG PARK: SATURDAY, APRIL 28, 2012 11:00 AM – 4:00 PM

Join the City of Manhattan Beach for the 20th Annual Earth Day Celebration and Concert at Polliwog Park, Saturday, April 28, 2012 from 11:00 AM to 4:00 PM.

The City of Manhattan Beach, in conjunction with V.O.I.C.E (Volunteers and Organizations Improving the Community's Environment), will host the day's events featuring a large assortment of fresh food and family fun including music, games, eco-friendly products and information on the City of Manhattan Beach's efforts toward making our city a greater and greener place to live, play and work.

The first "official" Earth Day was held on April 22, 1970. People from around the nation got involved in efforts to help protect the environment. Since then, Earth Day has been celebrated in countries all over the world. The first Earth Day celebration in the City on Manhattan Beach was held in 1992 at Polliwog Park and has grown to include more than 7,000 participants annually.



### Volunteers Needed!

If you or your service group is interested in volunteering at the 20th Annual Earth Day Celebration and Concert, please contact Eve Kelso, Volunteer Coordinator (310) 802-5407.

### Vendors

If you are interested in being a vendor please fill out and submit the Earth Day Vendor Application (PDF) via [greenervoice.org](http://greenervoice.org).

# Green Corner

## Manhattan Beach Plastic Bag Ordinance

**The City of Manhattan Beach encourages you to bring a reusable bag with you every time you shop!**

Just say NO to single-use plastic and paper bags! By using reusable bags instead of single-use bags we can help to conserve resources, reduce landfill waste, reduce plastic bag litter, and protect the marine environment.

**Manhattan Beach Plastic Bag Ordinance: January 14, 2012**

Beginning January 14, 2012 all restaurants, food vendors, grocery stores and pharmacies will need to comply with the City's Plastic Bag Ordinance. However, enforcement of the ordinance will not begin until April 14, 2012.

All other establishments (i.e. retail, other commercial establishments and non-profit vendors) in the City of Manhattan Beach will be required to comply with the plastic bag ordinance beginning July 14, 2012.

**For more information please refer to the [Going Green](http://www.cityymb.info) website at [www.cityymb.info](http://www.cityymb.info).**



## DID YOU KNOW THAT THE CITY OFFERS FREE COMPOSTING WORKSHOPS?

### 2012 SCHEDULE OF CLASSES

April 28, 2012

July 14, 2012

October 13, 2012

### Composting Workshop Basic Information

**TIME:** 10:00 AM–11:00 AM (Question and Answer session at the end)

**LOCATION:** Manhattan Beach Botanical Garden in Polliwog Park (on Peck Avenue, just north of Manhattan Beach Boulevard)

Composting is a fun and easy way to make great natural fertilizer for your garden! During the workshops, Manhattan Beach residents may purchase Biostack Bins or Worm Composting Bins at a great discount. Can't attend the class? Manhattan Beach residents may purchase discounted bins year-round by contacting Waste Management directly at (310) 830-7100. For additional information on upcoming workshops call the Public Works Department at (310) 802-5363.



[www.cityymb.info](http://www.cityymb.info)

# Vitality City: Power 9 Principles Overview

## WHAT'S THE SECRET TO A LONGER, HEALTHIER LIFE?

If you were offered the chance to live an extra five, 10, or more years and remain healthy and active, wouldn't you? The great news is you can and you don't have to overhaul your entire life to do it. The secret to living longer and better can be found in the simple things you do every day, like the foods you eat, the company you keep and your overall outlook on life.

## DISCOVER THE FOUNTAIN OF YOUTH

It all started when a team of researchers and scientists set out on a seven-year quest to uncover the secret to leading longer, healthier and happier lives. They discovered five areas in the world, called Blue Zones, where people enjoy active lives with less illness well into their golden years. Although each Blue Zone has its own recipe for living longer, there are nine common ingredients that the people living in these communities share, which contribute to their well-being. These nine powerful, but simple lifestyle behaviors focus on moving naturally, eating wisely, knowing your purpose and belonging to a social community.



## THE POWER 9 PRINCIPLES ARE:



- Move Naturally (be active without having to think about it)
- 80% Full (stop eating when you're 80% full)
- Plant-Slant (eat more veggies, less meat and processed foods)
- A Daily Drink (one alcoholic beverage every day)

- Purpose Now (know your purpose in life)
- Down Shift (slow down daily, rest, take vacation)

- Belong (be part of a spiritual community)
- Loved Ones First (make family a priority)
- Right Tribe (create a healthy social network)



## TOP 5 TIPS

### To Enjoy A Longer, Healthier Life

**1. Move More:** Focus on making your lifestyle more active. Ride your bike instead of driving. At work, take the stairs rather than the elevator, park at the far end of the parking lot and go for walking breaks.

Build activity into your lifestyle by doing what you enjoy.

**2. Do Something Interesting:** If you do something you find worthwhile, whether it's focusing on your career, helping others, or raising a family, your days will take on more meaning.

**3. Cut Calories by 20 Percent:** Eat enough so that you're no longer hungry, but not so much that you're full. Add



more plants to your diet – they are full of fiber to fill you up and low in calories.

**4. Love and Be Loved:** Get together often with the ones you cherish. Having a strong social network of friends and family can enhance your sense of well-being and purpose.

**5. Take Time to Down Shift:** Make time to slow down and enjoy life's simple pleasures – like a colorful sunset or a savory meal. Life is short.

Visit the Blue Zones Power 9 Principles at <http://www.vitalitycity.com/> to discover more easy ways to boost your well-being.

## Community Works

Check the status of City Wide Projects and how they may impact your neighborhood.

### Your Water Fees at Work

The upcoming 2011-12 WATER MAIN REPLACEMENT PROJECT is scheduled to start in March of 2012 with construction lasting approximately 60 days. This project includes installing new 6" diameter ductile iron pipe to replace existing 4" water mains in the following streets. Any questions or further information, contact Ed Kao 310.802.5358

| STREET NAME |  |    |   |
|-------------|--|----|---|
| 1.          | 1st Street, Ocean Drive – Valley Drive     | 6. | Morningside Drive, 1st – Homer Street             |
| 2.          | 3rd Street, Ocean Drive – Highland Avenue  | 7. | Homer Street, Highland Avenue – Morningside Drive |
| 3.          | 4th Street, Ocean Drive – Highland Avenue  | 8. | Manhattan Avenue, 8th Street – 15th Street        |
| 4.          | 5th Street, Ocean Drive – Manhattan        | 9. | Vista Drive, Rosecrans Avenue – 27th Street       |
| 5.          | Highland Avenue, 2nd Street – Homer Street |    |   |

For further information about the project please contact Mr. Edward Kao at (310) 802-5358.

### 2011–2012 SEWER MAIN REHABILITATION PROJECT—PHASE 1

**Included in the City's Capital Improvement Program is a Public Works sewer rehabilitation project at the following locations:**

- Marine Ave – from Highland Ave to Grandview Ave
- Alma Ave – from 24th Street to 27th Street
- 24th Street – from The Strand to Highland Ave

The purpose of this project is to replace the sewer mainlines that are undersized and deteriorated. The sewer main replacement will reduce maintenance and the potential for sewage backups within the project area. In addition, the new sewer mainline will be constructed in the roadway or walkway street in order to reduce the potential for future excavation within the encroachment area.



Construction is anticipated to begin in April 2012 with the completion of all areas by September. Residents within the immediate, affected construction areas will be notified at least 72 hours in advance of construction and as the work schedule progresses. The Contractor will be permitted to work from 7:30am to 5:00pm on weekdays in order to assure completion of the project on time. Contact Mr. Gilbert Gamboa at (310) 802-5356 with any questions or concerns.



### FACILITIES RENOVATION UPDATE

As the New Year is underway so is the renovation of the Joslyn, Manhattan Heights and Begg Pool Facilities. The work includes the remodeling of kitchens, restroom, flooring, ceiling tiles, painting and installation of a new air conditioning system. The improvements at the Begg Pool facility will include new lockers, doors, windows, flooring and interior painting. The project began on January 23, 2012 with an estimated time of construction being 75 days.



#### CITY OFFICIALS

Nicholas W. Tell, Jr. . . . . Mayor  
 Wayne Powell . . . . . Mayor Pro-Tem  
 David Lesser . . . . . Councilmember  
 Amy Howorth . . . . . Councilmember  
 Richard Montgomery . . . Councilmember  
 Tim Lilligren . . . . . City Treasurer

#### ADMINISTRATIVE OFFICIALS

David N. Carmany . . . . . City Manager  
 Liza Tamura . . . . . City Clerk

City Council meets the 1st & 3rd Tue  
 at City Hall, 6:30 p.m.