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# 27 Ways to Stay

## Fit in 2017 (in no particular order)



This issue's theme can either frustrate or inspire; the choice is yours. For me it did both.

When we started researching all the ways local residents stay fit in East Long Beach, I was inspired by the variety of exercise options available in our city. I was inspired by the positivity and dedication of Long Beach athletes, fitness fiends, and make-no-excusers. I was also inspired by the sheer numbers of people who stick to a weekly and daily exercise routine. I was, in fact, so inspired by all of the above that I became frustrated by my own dwindled fitness routine of recent months (why is it so hard to go to the gym once the time change comes around?...I mean we have electricity...).

I started getting mad at everyone else. Why are they all working out so much? Doesn't anybody in this city have a job? Or a couch? Or a TV?

But then I realized that these fitness fanatics do have all those potential excuses, and more. Still they make it a point to wake up every morning and go on a run. Or swim laps on their lunch break. Or take an exercise class instead of a nap when they get home from work. Even during a cold and rainy winter...these routine driven fitness groupies never stop.

Then these very positive, fit enthusiasts began to inspire me again. They're just as busy as me, but they are making it a point to exercise. Why can't I? And so, I started working out again.

The great thing about fitness is that it's not a limited commodity. We can all run, swim, bike, play sports, and sweat bullets to our hearts' desire. And the more of us who do it, the more fun it becomes.

Many of our articles in this issue focus on group fitness activities. The great thing about groups is how much their participants encourage each other to work out, and how much friendship becomes intertwined with fitness. In the articles to follow we use the word camaraderie a lot...maybe too much... but the thing is, there's not a great synonym for the word, and it's such a good word.

Camaraderie evokes a sense of happiness, positivity, and mutual respect. Sports teams, fitness clubs, and gyms are classic places to find camaraderie and fitness, and our advice to those looking to improve quality of life in 2017 is to try one or more of the fun activities featured in these pages. That's my plan. Don't hesitate to say hi to me if you see me hacking up the golf course, huffing and puffing up Signal Hill, or struggling through Yoga on the Bluff. I'll be the guy making "downward dog" look like "half-dead donkey"... and having a pretty good time getting into shape at the same time!

-John Grossi

Winter 2017

908  
LONG BEACH  
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Life is Great  
in the 908!

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# Breathe and Stretch... Yoga on the Bluff

By **Karrie Comfort**

Yoga on the Bluff is so iconic in Long Beach, it's hard to imagine our city without it. Everyday at 11 am, grey or shine, a teacher from the Yogalution Studio instructs a one-hour yoga class on the bluff at Ocean and Junipero. It is open to all ages and skill levels for free. Erin Grissom is one of a handful of instructors who teaches the donation-supported Yoga on the Bluff classes.

"The vision of our studio is that yoga shouldn't just be for people who have a lot of money," Grissom says. "It should be avail-

able even when we're not doing financially well. Money shouldn't be a limiting factor."

Started by yogi Dharma Shakti in 2007 as part of her "seva," or selfless act of service to the community, Yoga on the Bluff began as a small gathering of Dharma Shakti's friends. Sometimes five people would show up, sometimes no one would. But over time it steadily grew and now the class attracts more than 1,000 people a week.

"It has become a meeting space of the community," says Grissom. "People will hang out afterwards for hours, and countless friendships have been built out here on the bluff."

Yoga on the Bluff is so well known that it has become a local highlight, bringing people together from all different walks of life. Some people come for a fitter body and others for a calmer mind, or perhaps a combination of both. Whatever brings them to the bluff, the benefits of yoga are many. A regular yoga practice helps increase flexibility, improves muscle strength and tone, and enhances cardiovascular health.

"It was the least pretentious and intimidating yoga practice I've ever attempted," says first-timer Matthew Mello. "It's niche groups and activities like Yoga on the Bluff that add to the diversity of Long Beach's fabric and make it a large city of immense depth."

Yoga on the Bluff and Yogalution Studio classes are supported by donations, at a

## Quick Facts: Yoga on the Bluff

**Skill Level:** All  
**Ages:** All  
**Cost:** Free  
**Location:** Bluff at Ocean Blvd. and Junipero Ave.  
**Reservations:** N/A  
**Website:** [www.yogalution-movement.com/bluff-yoga](http://www.yogalution-movement.com/bluff-yoga)  
**Health Benefit:** A regular yoga practice helps to boost immunity, improve posture and strengthen your spine.





recommended \$10 - \$20 a class. Class sizes vary anywhere from 50 to more than 200 people every single day.

"Yoga on the Bluff has become a unifying platform for people who are often involved in other things like activism, or art, or music," says Grissom. "Here they can network together. It's a sort of incubator for the Long Beach community."

This year Yoga on the Bluff will be celebrating its tenth anniversary. What started as Dharma Shakti's small act of "seva" has become a local treasure touching the lives of so many. Here here's to 10 more years! ~~908~~

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# Run the City...

## A Running Club Experience

By Jonathan Murrietta

Every Wednesday night at 6:30, the A Running Experience Club, aka AREC, meets at Malarkey's Grill to embark on a three, four, or five mile run. AREC is a 501(c)(3) non-profit club created to galvanize and grow a robust running community in Long Beach. On one particularly brisk Wednesday evening right before Christmas, 908 Magazine caught up with the group of more than a hundred runners. This night was special; it was the annual Jingle Bell Run.

"We get to dress up in a Christmas theme and participate in a holiday scavenger hunt run," says one of the group's participants, Amy Reed, who is arrayed in a lit-up vest and looks like a human Christmas tree. "It's also for safety and visibility," adds Amy about her tricked out running apparel.

While her husband joined three years ago, Amy is new to the group and can't help but beam when she talks about being a

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part of AREC. “We love getting together, especially around the holidays to celebrate,” Amy says. “After our run we have cookies at Malarkey’s.”

Besides the social stimulation, AREC, with over 500 members in total, has been providing countless programs greatly benefiting its members since 1982.

“These programs include year-round marathon and half-marathon training, Tuesday night track sessions, and Saturday trail runs,” said AREC’s Vice President of Public Relations Jeffrey McKinney. “As a result, during the club’s 2015 season, its members account-

ed for 2,500 plus race entries and logged over 27,000 miles of racing, including everything from 5Ks to ultra-marathons.”

Ralph Benson is one of many runners who can testify as to how AREC has impacted its members’ lives. A member of AREC for the past five years, the 90815 resident who lives between Clark and Willow Streets says AREC helped his daughter Emily qualify for the Boston Marathon.

“The people here at AREC have really helped her to achieve what she has,” says the 57-year-old Benson, adding that the group has helped in his own running performance substantially. “It’s great to meet up with supportive people of all different abilities that encourage you to keep running. I have people who I try to keep up with and it really helps me to improve. My goal is to run under an eight-minute mile and having people there to constantly challenge you every Wednesday is great. If I run five miles in around 39 minutes, well, then that’s something I can feel pretty good about at my age.”

For more information on AREC and how to join the running movement in Long Beach, visit <http://www.arec-lb.com/>. **908**

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## Quick Facts: A Running Experience Club (AREC)

**Skill Level:** All  
**Ages:** All  
**Cost:** \$25 annually per person or \$40 for a single-family household  
**Location:** Malarkey’s Grill, 168 North Marina Drive  
**Reservations:** N/A  
**Website:** [www.arec-lb.com](http://www.arec-lb.com)  
**Health Benefit:** Running makes you happier, thanks to the hormones it releases, endocannabinoids.





# Wade in the Water... Aquatic Fitness at YMCA

By Jonathan Murrietta

The Lakewood Family YMCA offers a plethora of programs for local 908 (and 907!) residents to achieve their fitness goals in the New Year. If you have passed by their pool on any given weekday you have probably noticed an active group of adults swimming, splashing and strength training. Call it a “liquid gym.”

From water volleyball to water aerobics, aqua fit groups, and deep-water aerobic classes, if you are looking for a workout that will increase your fitness level and improve your cardiovascular health with less impact on your joints, the YMCA is your place to go.

Using an array of strengthening and stretching techniques, Elana Feldman teaches participants in her Monday and Wednesday water aerobics classes how to have a good time in the pool, while conditioning their muscles and improving flexibility. Elana says the water is a great

way for senior citizens to get into and stay in shape.

“When folks come here they feel good,” Elana says. “There are people in my classes with hip replacements and knee replacements. It’s really motivating and inspiring for me to see them achieve their fitness goals.”

On any given morning, Elana’s classes are filled with people in the pool enjoying the sun and performing different movements that do their body good. One of Elana’s students, 908 resident B.J. Dodge, says coming to the YMCA every week helps to soothe her reconstructed knee.

“The enormity of the pool is so wonderful,” B.J. says. “The water is very forgiving and it’s really helpful in doing things one cannot do on land. It’s also great for getting the heart rate up.”

A student in the Monday and Friday aqua fitness classes is Sally Killman, who also had knee surgery recently. She says that the water classes at the YMCA have done wonders for her overall health. Because of her commitment to aquatic fitness at the YMCA, Sally says that the recovery from her knee surgery wasn’t so bad.

“I had my knee replaced last May, and four weeks later, I was back in the pool and I didn’t even have to go through physical therapy. I recouped fabulously, so I am

what they call the Y-Wonder Child.”

“The classes at the YMCA have kept me dedicated in achieving my fitness goals, and have also made me watch what I eat and drink, because I’m in a bathing suit every week,” Killman says with a chuckle. “And by the grace of God, we have these wonderful aquatics leaders like Elana - she is very friendly and just a joy.”

The group fitness aqua aerobic students have the utmost joy on their faces in the water, splashing away and testifying to the old adage from the famous painter Pablo Picasso that “Youth has no age.” **908.**

## Quick Facts: Aquatic Fitness at YMCA

**Skill Level:** Basic swimming skills are recommended.

**Ages:** All

**Cost:** Membership to the YMCA is required. Prices vary.

**Location:** 5835 E. Carson St., Lakewood

**Reservations:** 562-425-7431

**Website:** [lbyymca.org/lakewood/group-exercise-lakewood](http://lbyymca.org/lakewood/group-exercise-lakewood)

**Health Benefit:** Aquatic fitness reduces blood pressure and alleviates stress on the joints.



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# Rally and Volley...

## Tennis at El Dorado and BJK Center

By Jonathan Murrietta

Ginny Connelly took up tennis as a teenager. In the first tournament she played in, she lost to a 12-year-old named Billie Jean King.

King, of course, would go on to become tennis royalty in the professional world. Meanwhile, Ginny still plays tennis, though not professionally, but at a high level. On Saturday mornings at the El Dorado Park Tennis Center, located at 2800 Studebaker Rd., Ginny plays with “Lee and Eddie’s group,” one of many local community tennis groups that have formed over the years both there and at the Billie Jean King Tennis Center, located at 1040 Park Ave.

“I love these facilities. They are beautifully maintained,” says Ginny, a 90815 resident who lives between Bellflower and Clark. “Almost everyone on my block plays. I like tennis because you can play it as long as you live; it’s truly a sport for a lifetime.”

Originally from Lebanon, Sam Joubalt moved to Long Beach 24 years ago and plays with Ginny and the group on Saturdays.



“I’ve played tennis all my life and so it was just natural for me to join a group like this,” Sam says.

Another group participant, Niki Dottore, adds, “It’s good competition, but friendly competition, and it’s pleasant to see everyone and touch base with them to see what they’ve been doing.”

Meanwhile, at Billie Jean King Tennis Center, there’s a fun group of about 60 to 80 people who get together to play tennis for special occasions -- birthdays and holidays. Glenn Russell, co-owner of Legends Restaurant and Sports Bar in Belmont Shore, says people at both El Dorado Park and Billie Jean King Tennis Centers become friends by playing at the facilities and then form their own groups.

“This is just a made up round robin group -- we play mixed doubles, doubles, singles,”

says Russell about the group that formed out of one of the tennis facility’s adult clinics. “My wife and I started to play in tennis clinics at the Billie Jean King Center put on by one of the pros here. You get to meet a lot of people at the clinics. I like being outside and the camaraderie of all the people here. And I like running around a bit. So from a fitness and social point of view, it’s great.”

El Dorado Tennis Center and Billie Jean King Tennis Center are public facilities leased by the City to First Serve Tennis Inc. Cathy Jacobson-Guzy, president of First Serve Tennis Inc., is the proprietor

### Quick Facts: El Dorado Tennis Center & Billie Jean King Tennis Center

**Skill Level:** All

**Ages:** All

**Cost:** Starting at \$8

**Location:** El Dorado Center at 2800 Studebaker Rd. BJK Center at 1040 Park Ave.

**Reservations:** El Dorado 562-425-0553; BJK 562-438-8509

**Website:** [www.longbeachtennis.com](http://www.longbeachtennis.com)

**Health Benefit:** Playing tennis increases bone density and improves reaction times.





and acts as the sole “concessionaire” of the two facilities.

“Tennis is really a sport for everybody and for all ages,” Jacobson-Guzy says. “We have three-year-olds out here and 90-year-olds out here and everything in between. You don’t see that with most sports and it’s very affordable.”

Court fees are just \$8 an hour during non-prime-time hours (Monday through Friday, 7 a.m. to 4 p.m. and after 1 p.m. on weekends). Court fees are \$13 per hour during primetime hours (Monday through Friday, 4 p.m. to close and 7 a.m. to 1 p.m. on weekends). El Dorado Park and Billie Jean King Tennis Centers also offer free court time to youth ages 17 and under with a valid school I.D. and senior citizens ages 65 years and over with appropriate identification, year round Monday through Friday from 3 p.m. to 5 p.m. Lessons are available for both adults and juniors alike -- private, semi-private and group classes are also available at the facilities and throughout the city year round. Additionally, three nights a week, El Dorado Park and Billie Jean King Tennis Centers offer what’s called “Twilight Tennis,” held every Friday, Saturday and Sunday night for adults.

“It’s a great way to meet people,” Jacobson-Guzy adds. “Drop in, warm up on the ball machine -- we have great, state-of-the-art ball machines at both facilities that people love renting out -- and then we partner you up with other people in either singles or doubles. It’s a great way to get a good workout.” 908



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# The Perfect Gym



## Olympix Fitness... THE. BEST. GYM. EVER. PERIOD.

By Jennifer Newton

The new Olympix Fitness in Belmont Shore is THE. BEST. GYM. EVER. PERIOD. Honestly, I could just end my story there, but that would leave a lot of white space on the page and I don't think our publisher would be too happy with that. So, let me elaborate...

By now you have probably heard rumblings about the new Belmont Shore gym being built in the space formerly inhabited by Yankee Doodles. (I can't help it that a dingy college bar is the best point of reference here.) After all, it's been in the works for over a 1,000 days. But, trust me, it is worth the wait! I was lucky enough to take a tour of the almost complete fitness center on a bright, sunny day last month; and, honestly, I was blown away.

Olympix is not your typical gym. The fact that it is a fitness center is really only one

small piece of a much larger vision for the community. Olympix is a meeting place for locals, a place to spark conversation and a showcase for the rich athletic history of Long Beach. In other words, it's designed to be a place of pride for locals.

"Long Beach is a humble city with great people," says Olympix investor and developer Kurt Schneider. "Most people would be surprised at the notable sports figures that are Long Beach residents. But we don't brag or boast; that's not Long Beach's style. So, we wanted a way to honor and showcase the amazing athletic talent that is hidden within this city."

Throughout Olympix Fitness you will find tributes to these humble residents. Joan Van Blom's rowing scull (she was the first U.S. woman to take home an Olympic medal in rowing) is featured in the atrium. A case dedicated to Long Beach aquatic accomplishments (including many water polo, diving and swimming medalists) fills a wall. A Locals Wall of Fame (that will include Joe Maddon, manager of the World Series Championship Chicago Cubs) stands next to the coffee bar run by Kerstin Kansteiner of Berlin Bistro and Portfolio Coffee. And a planned mural on the alley will feature local Long Beach Olympian Misty May.

But Olympix's dedication to Long Beach

Athletics is not just surface. They are also starting a Mentorship Program that will pair local high school athletes with some of our local athletes, who have reached levels where others have only dreamed. Mentors will include those who have been professional athletes, NCAA competitors and Olympic competitors, as well as mentors from alternative sports like skateboarding. Young athletes will have the opportunity to interact with mentors and have time with them (maybe a workout, lunch or just a conversation) and hopefully glean a little

### Quick Facts: Olympix Fitness in Belmont Shore

**Skill Level:** All

**Ages:** All

**Cost:** Memberships vary.

**Location:** 4100 East Ocean Blvd.

**Website:** [olympixfitness.com](http://olympixfitness.com)

**Health Benefit:** Stay committed, push yourself harder and workout longer when you exercise with a friend or group at a gym.





of what others have gone through in their quest to be great, what it takes to break out from the pack, and maybe a story or two along the way.

“We want to introduce our local athletes to a new level of success that they cannot possibly experience while in high school. We want to empower them through great examples, so when they go to college and beyond they will hopefully strive for even greater achievements,” says Olympix Operating Partner Jarrett Tooley. “Young athletes don’t always realize the focus and commitment it takes to get to the next level. We hope our Mentorship Program will help young Long Beach athletes excel in their sport and in life.”

But, that’s just the tip of the iceberg when it comes to being “wowed” by Olympix Fitness. No detail was overlooked; no cost

was spared in the making of this gym. From the best fitness equipment (like an Isawall System, heart-rate based spin classes and an incredible Queenax functional rig on the rooftop), to the latest technology (like touch screen information boards and TVs with on-demand fitness classes), to spa amenities (like hot-cold therapy steam rooms), to the latest in convenience (think USB plugs in lockers that are located throughout the gym floor and class rooms, not just in the locker rooms).

“I was taking a yoga class one day and I noticed that many of the women kept looking to the back of the classroom throughout the class. I finally figured out that they were all checking on their purses and bags to make sure they were still there,” says Kurt. “We were all there to be in this Zen frame of mind, but these women couldn’t do that worrying about their personal belongings.

So at Olympix, I put personal combination lockers right outside the yoga studio. That way people don’t have to worry about their belongings, they can be fully present in their fitness class.”

This is the type of forethought that has gone in to every aspect of building Olympix Fitness...and it shows. But it doesn’t stop there. Olympix plans on continuing to improve the club experience and never resting on its laurels. In fact, they are already planning to add turf to the 40-yard long alley for Olympic lifting and performance training. This should be ready shortly after their opening.

Start your New Year’s resolutions off by celebrating with pride all the amazing Long Beach residents at Olympix Fitness Center. Who knows, maybe you can make the Locals Wall of Fame someday! [.908.](#)







# Empower Yourself... FIT4MOM® Long Beach

By Jennifer Newton

Moms in Long Beach, come join your “tribe.” FIT4MOM® Long Beach is a group fitness program created for moms to empower themselves, connect with other women, build their “mommy village” and, of course, get fit!

“When you’re a mom, it can be hard for you to give time away,” says FIT4MOM Long Beach member Amber from Old Lakewood City. “But here I can bring my child, socialize and workout.”

Formerly known as just “Stroller Strides®,” FIT4MOM Long Beach has taken the Stroller Strides program and expanded it to include HIIT workouts, yoga and barre-inspired classes, all while supporting the class participants’ children by incorporating

them into the workouts and/or providing babysitting.

“When I moved here, I didn’t know anyone,” says FIT4MOM Long Beach member Allison from Bluff Heights. “FIT4MOM Long Beach has been a great way to meet people, especially other moms.”

FIT4MOM Long Beach Owner Stacy Hinkel started as a Stroller Strides client in June of 2011 after the birth of her daughter. She quickly became a class instructor, and then by December of 2011 had the opportunity to purchase the Long Beach area franchise. Stacy’s goal for FIT4MOM Long Beach is to create an environment for new moms that help them work their way back to being fit and fitting in.

“When you have a baby, you not only go through these huge changes in your body, but you also assume a new identity as a mother,” says Stacy. “FIT4MOM Long Beach helps new moms meet each other in a healthy, supportive environment. Many of the moms and kids end up becoming best friends and develop life-long relationships.”

Since purchasing the FIT4MOM Long

Beach franchise, Stacy has expanded the class offerings and the Long Beach areas they serve. Current classes include:

- Stroller Strides: The class that started it

## Quick Facts: FIT4MOM® Long Beach

**Skill Level:** All

**Ages:** Mothers With Babies or Small Children

**Cost:** \$79 - \$129 per month

**Location:** Heartwell Park, Los Cerritos Park, Mother’s Beach, Colorado Lagoon, Marina Vista Park, Bixby Knolls

**Reservations:** @FIT4MOM-LongBeachStrollerStrides

**Website:** [longbeach.fit4mom.com](http://longbeach.fit4mom.com)

**Health Benefit:** New mother group workouts not only help to rebuild muscles lost during pregnancy but also help to rebuild a mom’s sense of self and confidence.



all helps moms walk, run and tone their bodies with their little ones in a stroller.

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- **Body Back®:** This is the next-level, results-based workout using high intensity interval training (HIIT), designed for any mom who wants to get their body back. And in 2017, FIT4MOM Long Beach will be scheduling additional Body Back classes at 9:30 am and 6:45 pm, 5 days a week to help reach more working mothers.

FIT4MOM Long Beach classes are held throughout Long Beach at Marine Stadium/Mother's Beach, Colorado Lagoon, El Dorado Park West, Heartwell Park, Bixby Knolls and Los Cerritos Park.

"Everyone at FIT4MOM Long Beach is so encouraging," said FIT4MOM Long Beach member Emily from College Park Estates. "The instructors and the other students want you to succeed and be strong."

FIT4MOM Long Beach not only offers the highest quality workout classes for moms, they also host field trips, craft groups, family days out and mom's night out, all in a healthy and supportive environment. So when you join FIT4MOM Long Beach, you truly are joining a village of moms who want to support each other in being fit and being a great mom. [908](tel:908).




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# Learn to Play...

## Ice Hockey at the Rinks

By Jonathan Murrietta

Goonies never say die...and they never say no to playing ice hockey. Just ask Kirstie Bender, Team Captain of "The Goonies" hockey team at The Rinks in Lakewood.

"A lot of the players on the team met through the same adult learn-to-play program, so we all kind of started at the same skill level and experience," Bender says.

On the corner of Carson St. and Cherry Ave. you will find The Rinks (formerly known as Lakewood ICE), a public facility which hosts youth and adult ice skating and hockey. Through the learn-to-play program, youth and adults alike can learn how to play hockey – for free. Gear is provided and the first three outings are on the house.

"A lot of our participants in the learn-to-play program have never skated before and don't have any hockey gear," Bender adds. "It's a great way to get them out here on the ice. We set them up with some coaches who start teaching them the fundamentals."

As part of the learn-to-play program there are leagues that test those fundamental skills. The Rookie League is the first level for beginners and is non-checking (does not allow defensive techniques that disrupt opponents.) Leagues progress by skill level from there. Bender's group, which has been together for two-and-a-half years, is in a more advanced league, not quite up to par with the Anaheim Ducks...yet.

The first season that I played, none of us knew how to skate, we were terrible," notes Bender's teammate, Phil Rios. "But we ended up winning the Rookie League Championship – and we got this Stanley Cup replica! We partied like it was the real thing; we were drinking out of it and everything."

Donning jerseys with the line "Never Say



Die," from the popular 1980's movie The Goonies, Bender and Rios head out to the ice.

"We have several players on the team who are big fans of that movie," Bender says. "So it became our team name."

Adds another member of The Goonies team, 908 resident Trevor Eliot, "It's really a great camaraderie, being on a team with a group of core friends that you get to see every week." Eliot joined The Rinks learn-to-play program three years ago.

"I played volleyball at Long Beach State; and after I got done with undergrad, I told myself I was going to learn how to play hockey," says John Pikus, from the 90803. "When you first start, there are a

ton of funny stories because you see a lot of moves where the pucks go through someone's legs, or someone swings at the puck and misses. And, of course, there are lots of falls."

John recounts falling immediately his first time in league play and he laughs thinking about it. "But now I'm a first line player," John notes. "A lot of the times, for working people, this is what they need. It brings a lot of fun and exercise and gives you a sense of community. I've met three guys here at The Rinks who I now call my best friends."

For more information about the learn-to-play program at The Rinks and youth and adult hockey leagues visit: <http://www.lakewoodice.com/>. **908**

### Quick Facts: The Learn to Play Program at The Rinks

**Skill Level:** All

**Ages:** Youth Classes (12 years and younger)

Adult Classes (12 years and older)

**Cost:** FREE

**Location:** 3975 Pixie Ave., Lakewood

**Reservations:** 562-429-1805

**Website:** [www.nhl.com/ducks/community/ducks-learn-to-play](http://www.nhl.com/ducks/community/ducks-learn-to-play)

**Health Benefit:** Playing ice hockey increases cardiovascular fitness and helps you sleep better.





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# Go Back to Nature...

## In the Middle of the City!

By Jennifer Newton

So you've resolved to get healthier this New Year? But you hate the thought of being stuck in a gym? Luckily you live in Long Beach and are "this close" to achieving your health and wellness goals in the natural beauty of the great outdoors. Your new "gym" is the El Dorado Nature Center, a 105-acre park featuring lakes, a stream, walking trails and wildlife.

"I crave being in nature, and this is the only place [in Long Beach] I can be in the midst of it," says Lilla from Los Altos South. "Walking here is like meditation. There's no noise. It's so peaceful. I don't know what I'd do without it. I'd probably have to move."

The Nature Center offers a variety of walking paths for all fitness levels, with two-mile, one-mile and quarter mile trails. If you prefer not to walk alone, there is even a Meet Up Group who walk together here every Saturday at 10 am. But no jogging or bike riding allowed! (For those wanting a more fast-paced exercise option, head over to El Dorado Regional Park next door.) Though walking may be slower-paced, it is still a great form of exercise. Many morning walkers I talked to have seen vast improvements in their health since starting to walk at the Nature Center.

"It's the cheapest gym I can find!" says Don from Rossmoor who meets his friend Phil from College Park East three to four times a week to walk 3 miles. "Since I started walking here about 9 months ago, I've lowered my blood pressure and cholesterol. Walking is great exercise." Phil nods in agreement with Don's health improvements, noting he has experienced many of the same since starting to walk here.

And for some, the Nature Center is more than just a place for exercise; it's a spiritual experience.



"The Nature Center is my cathedral of light, sound, air and color," says Judy from The Lakes who has been walking here since 1993. "It puts me back at the center of my heart and soul."

"Walking here has helped me become more aware of things and appreciate them. I see the seasons change. I say 'hi' to people. In the silence I feel like I can solve the problems of the world," says Volunteer Trail Steward Dean, from Downey.

"There is something special here," agrees Kevin from Bixby Knolls who walks at the Nature Center four mornings a week after dropping his kids off at Newcomb Academy. "I do a two mile walking meditation, clearing my mind and focusing on my breathing as I walk. The Nature Center is a lovely, spiritual place."

Over the past 5 years, visitors to the Nature

Center have almost doubled. However, don't think that means it's crowded. Many Long Beach residents still don't realize this magical place exists. I think it's safe to say that many Long Beach residents are missing out on one of our city's most beautiful places to exercise. [908](tel:908)

### Quick Facts: El Dorado Nature Center

**Skill Level:** All

**Ages:** All

**Cost:** \$5 - \$8 for parking (cash only).

**Location:** 7550 E. Spring Street

**Hours:** Tues - Thurs, 8 - 5 pm,  
Closed on Mondays

**Website:** [www.longbeach.gov/park/park-and-facilities/parks-centers-pier/el-dorado-nature-center](http://www.longbeach.gov/park/park-and-facilities/parks-centers-pier/el-dorado-nature-center)

**Health Benefit:** Regular walking strengthens your bones and muscles while improving your mood.



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# Be a Kid at Heart... Senior Softball

By Oren Grossi

Who knew you're supposed to have fun when you get old?

When asked to write an article and check out a group of seniors who play Over The Line (softball) a couple of times a week at El Dorado Park, I said fine. But I got a little nervous when I was invited to take a glove and play. I'm a little out of practice; I played at a family reunion 20 years ago, and in college intramural games 20 years before that.

Wow, what a great way to get the swing back. These guys couldn't be more welcoming. It was 8:30 am on a Thursday, and there were 19 players. Most were in their 70's, but a couple were in their 80's and some were in their 60's. One teenage grandson and one woman joined in as well.

Participant Doug Wiley says that the group

is loosely organized and mostly composed of guys who play senior league softball, but open to anyone that wants to come out. He says that the city of Long Beach is a great place for seniors, and is always helpful with their needs.

The group was started back in 2000 by softball enthusiasts Doug and Bob Vis as a fun way to practice and keep active without the wear and tear of games. It's pretty impressive to see these guys play. They hit with power and move with ease. And they're durable.

I watched local resident Fred Sanchez smash a triple over the outfielder's head. He lives in the neighborhood across the street and has played Over the Line with this group for about 2 years. For him it's about staying in form for his two other softball leagues. Fred also walks at least a mile a day around El Dorado Park or down on Spring Street to stay in shape.

Jerry Persons is 76 years old and recently had back surgery. He had two rods and a cage put in his back and after a six-month recovery he's playing again...5 times a week. Over The Line is his "relaxation."

Seventy-seven-year old Ron Lavia has lived near Palo Verde and Stearns for 55 years and started playing Over The Line at El

Dorado about 10 years ago. "You gotta stay in shape!" he says.

Jerry Grayson grew up in Southern California but spent most of his working life on a farm in Wyoming. In retirement, he shares time between Long Beach and Wyoming. "I'm kind of a duck out of water here except for softball," he says. "I love playing ball here, it's just a lot of fun."

## Quick Facts: Senior Softball Over the Line

**Skill Level:** All

**Ages:** Seniors

**Cost:** Free

**Date and Time:** Wednesdays and Thursdays, 8 am – 11 am

**Location:** El Dorado Park

**Reservations:** N/A

**Information:** Bob Vis, 562-633-3926

**Health Benefit:** Over The Line provides total body conditioning, while making you feel younger!



Over The Line players also gather outside of El Dorado Park. Sometimes after games, about 10 of the guys will head over to Glory Days for \$3 burgers, and a group of the players meet once a week to golf as well.

A man who probably bats cleanup on most his teams is Bixby Knolls resident Randy Green. He's a youngster at 63, and his biceps portray some power. "All I ever do is try to hit it solid, but people think I'm trying to hit home runs," he says. And he does hit them. Jerry was signed by the Dodgers after high school, and now plays softball 4 or 5 days a week, from Huntington Beach to Manhattan Beach.

"It's all good friendship, it's the camaraderie and it's better than sitting home flipping the remote or working crossword puzzles," Jerry Magee says. "We play together and we play against each other. In fact sometimes we play against each other on Saturday and play together on Sunday."

Mary Kay was the only woman playing, and she was quite good. She met her husband playing baseball. "They're a great group of fellows. It's hysterical the way they tease each other. Sometimes I just stand over there and laugh."

It really is something to see this group enjoy life. I highly recommend Over The Line as a way to jumpstart your softball skills and have a great time. [908](#).

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# Catch a Wave...

## Long Beach Surf Club

By Jonathan Murrietta

Each major city along the coast has a surf club, from Santa Cruz to San Diego. And Long Beach is no different. From its humble beginning as a “fun day at the beach,” to the highly competitive – and high ranking – club of today, the Long Beach Surf Club competes against various teams at different beaches across the coast.

“It’s very competitive, but fun,” says Long Beach Surf Club’s captain Tony Alvarado. “It’s a carnival type event. Each team has banners and tents. It’s a family friendly atmosphere, like a beach carnival.”

Tony says that competition is all about bragging rights and that Long Beach is always at the top of the standings. Teams compete in old school paddle races and much more.

“It was designed in the beginning as just a fun day at the beach, to hang out, give out trophies for the best wipeout – silly trophies like that,” Tony says.

The Long Beach Surf Club was one of the first surfing clubs in the area. Formed in 1938, the club was holding surfing events



and competitions on old-school plank boards before the breakwater was installed.

When the Coalition of Surfing Clubs formed, says Tony, Long Beach was never thought of as a competitive team.

“But they were having fun,” he says of the club. “And now, we’re highly respected among the surfing clubs along the coast.”

Tony adds that competition today is like one-on-one basketball in the water. “In these competitions, you’re hustling out there. Any time you’re involved with water sports, you’re getting your heart rate up – it definitely gets you going.”

Tony says surfing has even helped with his own health. He’s had four heart attacks and credits surfing as the reason he’s alive today.

“You’re paddling through the surf, coming

back, falling off your board, it’s a good workout,” he says.

Long Beach Surf Club is open to anyone and to all levels of surfing ability. There are beginners and high performance surfers in the group. Tony is proud to say that even the legendary female surfer Jericho Poppler, who partook in the Long Beach Surf Club in the 1960s, still supports the club today.

Today, the club is experiencing a revitalization, thanks to Tony’s enthusiasm for the sport. There are club jackets and hats, and a flourishing membership. If you would like to take your fitness to the next level with surfing, check out the Long Beach Surf Club. Or just attend one of their upcoming events and enjoy a “carnival on the beach.” [908](#)



### Quick Facts: Long Beach Surf Club

**Skill Level:** All

**Ages:** All

**Cost:** Free to join (fees for competitions)

**Location:** 7550 E. Spring Street

**Website:** [www.surfclubs.org](http://www.surfclubs.org)

**Facebook:** Search “Long Beach Surf Club”

**Health Benefit:** Surfing provides an intense upper body and core workout.





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# Dance your Heart out... Jazzercise®

**By Karrie Comfort**

Hooked. That's how Martha Maguire, a Jazzercise® instructor at Long Beach Fitness Center, described the first Jazzercise class she took back in November 2000.

"A friend asked me to come to an aerobics class. After the first routine, I was hooked," Martha says. "I love the dance moves, and the music always changes with a great mix of songs."

Jazzercise is one of the world's leading dance fitness companies, providing an incredible workout that is a fusion of pilates, cardio, and various dance forms. Although the exercise moves are always changing, the results are consistent, and many attendees feel fitter after just a few classes!

"We call it a high-intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing," Martha explains. "And you can burn up to 800 calories in one 60-minute class."

Just like Martha, most participants hear about Jazzercise from a friend. This leads to a diverse mix of students in her classes. The room tends to fill up with all sorts of people, from school teachers to moms, to retirees.

And the Long Beach location is especially unique - it is the only Premier location in the LA/OC area, with an average of 7 classes a day, taught by 13 certified instructors.

In step with its constant evolution, the Jazzercise Long Beach Fitness Center is excited to announce that it will be offering free classes in 2017 for young women ages 16-21, in conjunction with a new campaign called "GirlForce." Can we say: Girl Power!

"I love giving the members a comfortable, clean and homey place to work out, and to take care of their health," adds Martha.

"Our workouts cover everything...mind, body and soul. I love the variety."

It may be a workout, but it's also about the friendships that revolve around this Jazzercise fitness experience. Take a Jazzercise class today and experience the local camaraderie while having a great time getting fit. [908](http://908).

## Quick Facts: Jazzercise® Fitness Center

**Skill Level:** All

**Ages:** Teens and Adults

**Cost:** \$18 per class

**Date and Time:**

**3962 N. Studebaker Rd.**

**Location:** El Dorado Park

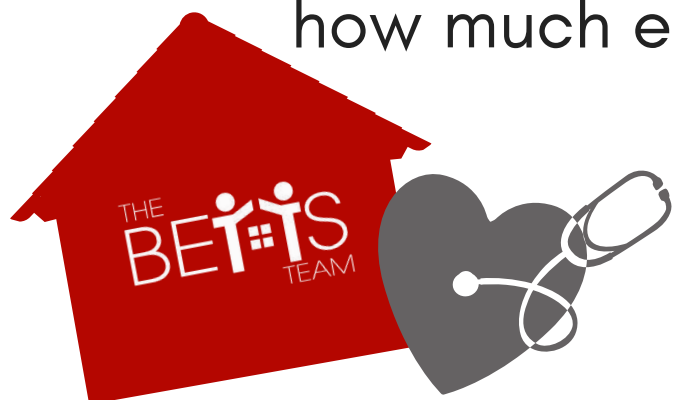
**Information:** 310-466-8463

**Website:** [www.jcls.jazzercise.com/facility/jazzercise-lake-wood-fitness-center](http://www.jcls.jazzercise.com/facility/jazzercise-lake-wood-fitness-center)

**Health Benefit:** Jazzercise helps improve coordination and rhythm.



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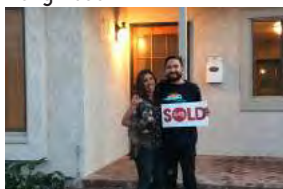
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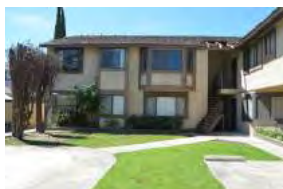
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# Score a Goal...

## Soccer at Heartwell and El Dorado Parks

By Karrie Comfort

With over 3.5 million fans, soccer is easily the most popular sport in the world. It's simple, inexpensive and fun for all ages, which is perhaps why Long Beach has several different leagues and places to play.

One popular spot for Long Beach "futbol" players is at El Dorado Park, thanks to the lighting it provides even at night. That's where we found Bernardino Payan, a cage soccer enthusiast.

"I would encourage people to play soccer because anyone could play it," he says. "You don't need to be talented to play; all you need is effort."

But that's not to downplay the competitive nature of the sport, which is fast-paced,

physically demanding, and certainly burns a ton of calories!

"Once, I hit a goalie with a left, right, left, right until he tripped over a trash can, and then I walked the ball into the goal," Payan recalls. "Safe to say, I never saw those guys at the indoor court again."

Soccer has been providing Long Beach residents with a safe and fun way to be active for decades.

Another great example is the Long Beach Women's Soccer League which dates all the way back to the late 1970's.

Seven teams, one amazing group of athletic women and a lot of fun! This league is a combination of easygoing soccer enthusiasts and competitive players who fight tooth and nail.

"No prima donnas," says Jackie, a team manager and player. "I insist every new potential teammate know that if you are on my team it's about friendship and support."

This all-women soccer league has some ladies who have played soccer for a long time, while others join the soccer scene simply to try something new and get in shape.

### Quick Facts: El Dorado Park Cage Soccer

**Skill Level:** All  
**Ages:** All  
**Cost:** Free  
**Location:** El Dorado Park  
Soccer Cage between Spring St.  
and Willow St.  
**Time:** Pick-up games take place  
various evenings

### Long Beach Women's Soccer League

**Skill Level:** All  
**Ages:** 18 years and older  
**Seasons:** Spring (Jan – June),  
Fall (Sept – Dec)  
**Information:** Contact Maryann  
Warren, 562-508-0119  
**Facebook:**  
[www.facebook.com/LBWSL](http://www.facebook.com/LBWSL)  
**Health Benefit:** Playing soccer  
improves health due to shifts in  
walking, running and sprinting.





Whether players are new to soccer or have played their whole lives, they encourage each other on and off of the field, like any well-rounded fitness family.


“We’ve supported each other through a mastectomy, heart surgery, multiple ACL repairs and pregnancies,” Jacki says. “We

also host potlucks and goofy Christmas exchanges.”

“The league provides opportunities for beginners and experienced players to play soccer for fun and fitness, while still encouraging a competitive spirit in female sports.”

The LBWSL Spring season is set to start on January 29th, and El Dorado Park has players come through on a regular basis. So make that New Year’s resolution happen and get out on the field! [908](#)

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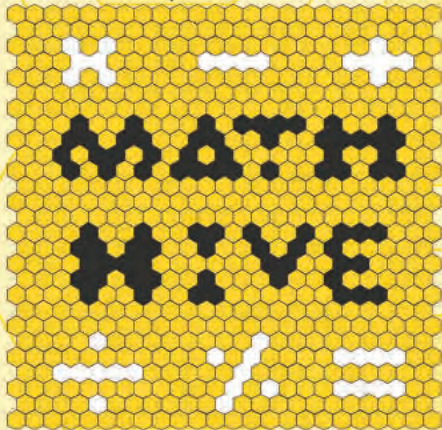
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# Swim a Lap or 20... Belmont Olympic Pool

By Jennifer Newton

Swimming in a pool on the beach is as much a part of Southern California's history as the shoreline. Once upon a time, "plunges," as the seaside pools were known, dotted the coastline from San Francisco to San Diego. And Long Beach was the pioneer. In 1902, the Grand Bathhouse, later re-named The Plunge, opened downtown, bringing swimmers, bathers and families from Downtown Los Angeles to Long Beach's shoreline for vacation and recreation. And though "plunges" were once as common as the "pleasure piers" that still decorate the shoreline today, "plunges" disappeared as times changed and the actual beach became the new place for recreational play. But one seaside pool still remains...and it's going through a renaissance.

The Belmont Pool, originally built in 1968 and used for the 1968 Men's Olympic Trials, has a long and notable history in Long Beach. It has hosted a wide variety of competitive swimming events and recreational activities for Long Beach residents of all ages. Perhaps you grew up swimming there?

After the original structure was closed in 2013 due to seismic instability, the city built a temporary 50-meter outdoor pool in the parking lot of the original building, with future plans for a permanent state-of-the-art aquatic facility that will keep Long Beach residents active and healthy for generations to come.



"Swimming is a full body workout – from head to toe," says Todd Leland, Aquatics Supervisor for Belmont Pool. "It's not only great for your body, but also for your mind as well."

The current Belmont Pool is heated to a comfortable 82 degrees and open year-round, 7 days a week. And the fitness opportunities are endless. From learning how to swim (whether you are 9-months or 90-years-old) to lap swimming, aquatic fitness classes to water safety classes, competitive swimming programs to recreational swimming, the Belmont Pool offers something for everyone. And the prices are great too! Sessions go from \$1 for youth swimming to \$4 for adult swimming. You can also purchase swimming passes that are good for 10 or 25 visits. And for those 50-years-old and older, water fitness group classes are free! You can't beat that!

"There is an opportunity for every Long Beach resident to get fit here," adds Todd who is a resident of the Plaza neighborhood in East Long Beach.

And there is much to look forward to. Plans for the new facility include 5 bodies of water consisting of indoor and out-

door recreational pools, practice space for swimming, diving and water polo, a teaching/therapy pool, 2 whirlpools and a diving well. The project is currently in the permitting and funding phase with the goal of opening to the public in 2019. Check out their website (<http://www.belmont-pool.com/>) for more information on the project and a really cool time-lapse video of the demolition of the original Belmont Pool structure.

"Come to refresh your mind, body and spirit," says Todd. "And get fit while enjoying a beautiful view. Our sunsets can't be beat!" •908•

## Quick Facts: Swimming at Belmont Pool

**Skill Level:** All

**Ages:** All

**Cost:** \$4 adults, \$3 seniors, \$1 youth for recreational and lap swim

**Location:** 4320 E Olympic Plaza

**Hour:** Open 7 days a week, year round

**Website:** [www.longbeach.gov/park/recreation-programs/aquatics/pools/belmont-pool](http://www.longbeach.gov/park/recreation-programs/aquatics/pools/belmont-pool)

**Health Benefit:** Swimming counts as both cardio and strength training.





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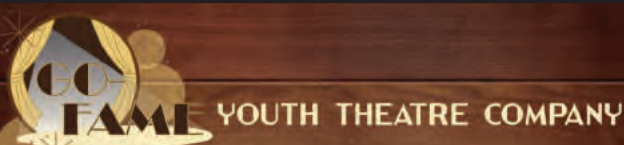
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# Lace up 15 your shoes to see a great view.. Signal Hill Run

By John Grossi

It's 5:00 am on a Tuesday and our city is asleep. Except for a few dozen diehards who are foregoing sweet dreams, warm covers, and slow-sipped coffee to instead run up the biggest hill they can find...multiple times. You might call them insane. But what they really are is in-shape.

The Signal Hill run is a Long Beach classic. Countless individuals, groups, sports teams, boot camps, and everyone else can be found running or walking the hill almost 24/7. Hill work is traditionally hard but reaps big benefits. In the case of Signal Hill, it's exceptionally tough but it rewards its conquerors with a view of Long Beach City unlike any other.

Out of the hundreds that scale the hill each day, Long Beach 908 magazine interviewed one particular early Tuesday morning crew as a great example of regular residents who use our city's landscape to go the extra mile and stay fit. The ladies who participate run weekly. They all have busy lives with families and jobs; but they don't use that as an excuse to skip their morning exercise. Instead they use each other as motivation.

"We like running Signal Hill because we get a challenging workout with varying levels of hills without having to travel far," says Maureen Grainger. "We run very early before work and our rewards are incredible views of Long Beach and seeing the sunrise. Running Signal Hill is physically demanding, but we encourage and challenge each other. It's not the kind of workout you want to do alone."

908 resident Sara Slater started running the hill regularly about 10 years ago when

a trainer took her and her workout friends to Signal Hill once for training. After that first run, they never stopped. They've met every Tuesday for a decade, and they're still going strong.

"No machine I've ever been on can simulate Signal Hill. We've also been doing the Camp Pendleton mud run every year and Signal Hill helps build great stamina for that event," says Sara. "The hill offers beautiful views, and even after 10 years it's still a tough workout every time. Best of all it's free. You just put on your running shoes and go!"

And that's the beauty of it. Any of us in East Long Beach can make this challenging physical feat part of our fitness routine. Running or walking, it's sure to get you huffing, puffing, and feeling a good all-day soreness in your legs. The kind of sore that makes you feel like you've climbed over hills...because you have.

The rewarding feeling after each climb is a common thread for many of the runners we interviewed. Like Karen Hester who is now retired but still wakes up each Tuesday at 4:15 am to run the hill. Why would she do such a thing? A few reasons came to mind.



"I get to see my friends and catch up on life, in between the hills of course," she laughs. "But I also choose to wake up so early because I know I can still tackle these hills once a week and I love facing the challenge and feeling the sense of accomplishment each week when I finish."

Fitness, sports, and hobbies can often mirror other aspects of participants' lives. One frequently cited advantage of sports is practicing teamwork that participants can then take back and apply to their work and family lives as well. For those who feel

## Quick Facts: Signal Hill Run

**Skill Level:** All

**Ages:** All

**Cost:** Free

**Location:** Start at the bottom of Signal Hill (or else your cheating!)

**Reservations:** N/A

**Health Benefit:** Running inclines helps strengthen your hip flexors and Achilles tendons.





you have hills to climb in your own lives, perhaps a trip up Signal Hill is just the motivation you need.

You might be surprised how truly tough it is to sustain a whole workout. You might also be surprised at the fact that if you push yourself, you can do it!

So pick a time of day you can make it to Signal Hill and get out there...no excuses. For the Tuesday early risers interviewed above, they can honestly tell you it's worth every minute of sleep you lose.

For Karen there's something divinely special about the workout, "The peace and tranquility I feel when I see the sunrise and the Long Beach skyline when I know the rest of the city is still sleeping... that's what gets me up so early on Tuesday mornings."

There's something to be said about a group of locals who climb the hardest hill of their day at 5 am in the morning. That must make the rest of the day a breeze. And that doesn't seem so insane to me! [908](#).

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# Cycle the Coast...

## Long Beach Freddies

By Jonathan Murrietta

Riding with this group of Long Beach cyclists is not for the faint of heart. Thick skin is required. Not only because danger of falling off a bike is always imminent, but ribbing and all-in-good-fun ridicule from fellow bikers is just as much a likelihood. If you want to know what cycling is like with this group, which is sponsored by Corridor Recycling, just ask Scott Stryker — a participant in the Long Beach Freddies group, who dons his green and black sponsored outfit proudly.

“We risk our lives everyday on the bikes,” Scott tells 908 Magazine on a brisk, early morning after the group took a ride from Long Beach to Newport Beach. “You get to wake up early in the morning, risk your life riding with a bunch of cars. None of the people that drive cars like you. But it’s awesome.”

The group of about 20 guys, who perch outside of Corner Bakery on Pacific Coast Highway, bust out laughing, appreciating Stryker’s sardonic sense of humor.

He continues, “We ride about 25 to 50 miles a day. There’s three or four of us that have stents in our hearts. There are some of us with arrhythmia. There’s a little cancer here and there. Almost all of us have been to the hospital with major injuries.”

So why keep coming back out to cycle with these guys? Scott has the quick response once again.

“Because the coffee is good here at Corner Bakery,” he says to the ensuing laughter of the group.

“But in all honesty,” Scott continues, “It’s all about the camaraderie. If you don’t have all these guys showing up every morning,



there’s no way you’d get up in the dark and go ride your bike either. It’s really about the friendship and support.”

One of the group’s leaders, a 71-year-old man named Gilbert Dodson, who has been with the group since the start 10 years ago, is a part of that camaraderie.

“Once you get into a routine, you don’t feel good when you don’t go out and exercise,” Gilbert says. “And then you want to be with your buddies. The best exercise plan is to have a friend to exercise with you. You always have someone to ride with.”

Added Nate Koch, a professional cyclist who’s traveled around the world to bike, “Yeah, I joined the group because I was looking for a father figure,” he says sarcastically, to the group’s amusement. “Seriously though, I like this group because we’re all like-minded guys, they work hard, they ride their bikes hard and they’re actually fun.”

90815 resident Ryan Autrey said cycling does a lot for him, fitness-wise. “It’s all about maintaining my fitness level all year-round for me,” Ryan says. “People see us riding down Pacific Coast Highway and get inspired. Anyone can join the group, you just have to be safe.”

Though riding with the group is free, the average cost of a bike can range between \$8,000 and \$10,000. As I said, this group is not for the faint of heart (or wallet!). But it is all for the fun! [908](#)

### Quick Facts: Long Beach Freddies Cycling Group

**Skill Level:** Intermediate to Expert

**Ages:** All

**Cost:** Free to Join

**Location:** Meet at Corner Bakery, 6507 E. Pacific Coast Hwy.

**Website:** [lbfreddie.tumblr.com](http://lbfreddie.tumblr.com)

**Information:** Contact Gilbert Dodson, 310-629-3080

**Health Benefit:** Cycling increases joint mobility and improves cardiovascular health.



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# Stay Young at Heart... Silver Sneakers®

By Jonathan Murrietta

When Elana Feldman saw the good that working out did for her grandmother, who lived to be 90 years old, she couldn't help but feel inspired. That's why she does what she does – teaches fitness classes for active older adults at the Weingart-Lakewood YMCA.

"I was really close with my grandmother," Elana says. "So I feel really fortunate to be helping other active seniors. They give me just as much back as I give them."

Through Silver Sneakers®, a program that's free with participants' insurance, Elana is helping senior citizens have fun and get exercise during the hour-long Silver Sneakers Classic group class.

"I have a 92-year-old who comes to my class," Elana says with a joyful grin. "We use weights and stretch bands, and we

teach movements using hands that mimic opening and closing doors, putting on your coat – skills and exercises that will help people in everyday life."

Some participants take the class while standing, others perform the movements sitting, whatever is most comfortable for the individual person. But the common thread is that everyone is having a good time. The large room that hosts the Silver Sneakers class radiates merriment as senior citizens chat and share a laugh before class begins.

Added Elana, "What's really great about this class, and all the group fitness classes here at the YMCA, is that it builds a sense of community for the participants; it's a sense of home for them."

Terri Gilbert, who comes to the YMCA three to five times a week, enjoys partaking in Silver Sneakers because of all the people she meets.

"The teachers are all fantastic," Terri says. "And the group we have is just like family -- a warm and fuzzy group."

As far as Terri's favorite exercise in class, it's all about the squats.

"Doing squats with our legs is harder as we get older. So I like keeping my legs fit and in good shape. But beyond that, this class has brought a lot to all of us mentally. Being social is very important," adds Terri, who has a sparkling countenance.

"It keeps them alive and it keeps them motivated," added Elana. "And it's really motivating and inspiring for me to teach them." **908**

## Quick Facts: Silver Sneakers at the Y

**Skill Level:** All

**Ages:** Older adults and senior citizens

**Cost:** Free with participating health insurance

**Location:** 5835 E. Carson St.

**Reservations:**

[www.lbymca.org/lakewood](http://www.lbymca.org/lakewood)

**Health Benefit:** Being physically active as you age can help alleviate arthritis, improve balance and aid those with difficulty walking.



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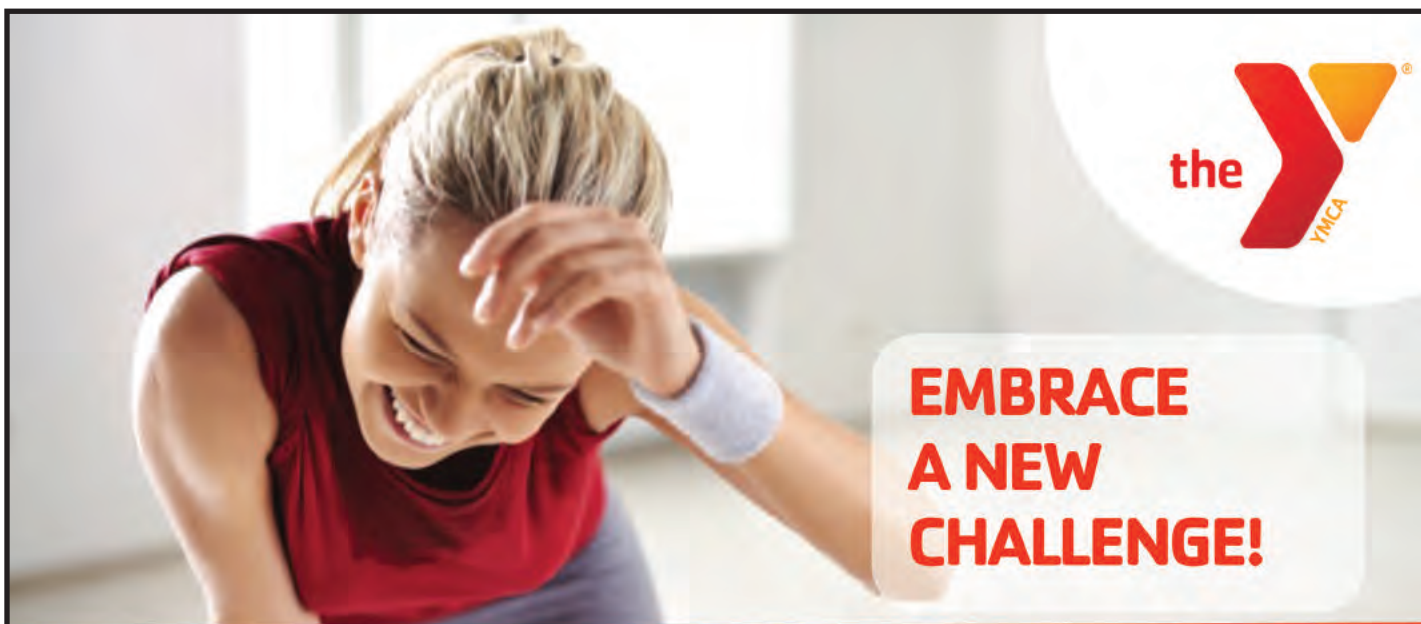
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# Glide 18 through the Water...

## Paddleboarding with the Stingrays

By John Grossi

The City of Long Beach is one of the best positioned in the world for water sports. Surfing, swimming, water skiing, even water polo come to mind when we Long Beach-ians think of ways to be active. But one of the most popular (and growing) fitness activities in our city is one that many inland dwellers may not even know about called Paddleboarding.

It's kind of like surfing without ever catching waves...perfect for Long Beach.

Ironically many paddleboarders started the exercise to stay in shape for their favorite sport, surfing. But they soon came to realize that paddleboarding is a lot of fun on its own. Kurt Schaefer, a new member of a local paddleboarding group called the Stingrays, agrees.

"I've been surfing all my life and I've

always done paddleboarding just to keep in shape, but this year I got the bug and I've switched to pretty much just paddleboarding," says Kurt. "I love the social aspect of being able to talk on the boards. It reminds me of when I used to compete in long board and we had a similarly great social aspect."

The Stingrays are a local club that brings people together once a week to paddle, socialize and motivate each other. The group is free to join and welcomes all ages and skill levels. Paddling out each Saturday at 8 am, the Stingrays mix up their launch locations each week, from Dana Point and Newport, all the way up to San Pedro, Palos Verdes and Malibu. However, many members like Long Beach best because it offers the most versatility.

"Long Beach is awesome! It offers the most options in terms of conditions. Some beaches only have one or two possible routes to paddle, and an outing can get easily ruined based on surf and weather conditions," says the Stingrays Founder Casey Annis. "But in Long Beach we can stay in the bay and go around Naples, or we can go down and run the breakwater to San Pedro, we can go south to Huntington Beach, we can go straight out 5 miles and back in. There are probably 10 different options to paddle in Long Beach so it never gets boring!"

According to the Stingrays, paddleboard-

ing is similar to rowing because it's a full body, multi-muscle workout. However, they say it's a lot more fun because you are engaged with the water. That's why this group prefers knee and stomach paddling to stand-up paddling. They feel that the sensation of touching the water helps connect nature and the outdoors with this fun fitness activity.

Another benefit of paddling with a group like this is that there is always at least one

### Quick Facts: Stingray Paddleboarding Group

**Skill Level:** All

**Ages:** All

**Cost:** FREE

**Location:** Varies Weekly  
**Reservations:**

[editor@vintageracecar.com](mailto:editor@vintageracecar.com)

**Health Benefit:**

Paddleboarding improves balance and strengthens nearly every muscle in the body.





other person with a similar pace willing to pair up with you.

“Some of us diehards are training for races during the summer and will go really fast, but then others are totally casual and just come for the exercise and social aspect,” explains Annis. “We do timed

paddles so no matter how fast you are, theoretically if everyone paddles out for an hour then back in for an hour, we all finish at the same time.”

After a typical Saturday session, the group—which fluctuates between 10 to 60 people any given week—will go out to

breakfast together. 908 Magazine met up with the Stingrays at Schooner or Later on a brisk and beautiful winter morning. Men and women from ages 11 to 70 sat laughing, telling stories, and sharing their own paddleboarding goals. Friendship is a definite benefit of joining the Stingrays, but the main reason so many SoCal water junkies have signed up for the email list is motivation. Knowing they will see their fellow Stingrays each week definitely helps get participants out of bed and propelled toward their workout.

One thing all participants agree on is that paddleboarding is a lot harder than it might look. It takes a lot of practice just to be able to balance on your knees. Paddleboarding engages core, legs, glutes, hamstrings (when knee paddling), arm strength, and lot and lots of respiratory endurance. Seems like the perfect way to get into shape this New Year!

For more information or to join the Stingrays, email Casey Annis at [editor@vintageracecar.com](mailto:editor@vintageracecar.com). [908](https://www.908.com).

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# Pick-up Hoops... Basketball in the Park or on the Beach

By John Grossi

Remember how in shape you were back when you used to play basketball at school?

Well turns out, it's still a great workout, and a whole lot of fun. And with the many public courts around, there's no excuse not to get out there.

Pick-up basketball games are thriving in the city of Long Beach. All you need to do is head to a court, shoot baskets and wait for

5 – 9 other players to show up. And they usually do.

The courts at Bayshore (you may know it as Horny Corner) are a very popular place to get in pick-up games seven days a week.

Michael Washington plays at those courts almost every afternoon...whenever he can.

"The pick-up games are pretty intense with lots of good competition," he says. "And I get a good workout from the games. I get cardio from running back and forth and leg strength from running and jumping."

Most of the guys and gals playing pick-up basketball cite exercise as a key reason they play.

"Basketball is a great way to stay in shape when you have a busy schedule," says Brad

## Quick Facts: Basketball in Long Beach

**Skill Level:** All

**Ages:** All

**Cost:** FREE

**Location:** El Dorado Park,  
2800 N. Studebaker Rd.  
Heartwell Park, 5801 Parkcrest  
St.

Pan American Park, 5157 E  
Centralia St.

Stearns Championships Park,  
4520 E. 23rd St.

Whaley Park, 5620 Atherton St.  
Wardlow Park, 3457 Stanbridge  
Ave.

Bayshore, 5415 E. Ocean Blvd.

**Health Benefit:** An hour of  
basketball can burn 630 – 750  
calories.



Hartong. "You're mainly focused on playing so you don't realize you're getting a great workout in."

El Dorado Park, Heartwell Park, Pan Am Park, Stearns, Whaley, Wardlow, and Bayshore all have thriving pick-up game scenes especially on weekends and weeknight evenings.

Jeremy Corbin plays at the local parks about twice a week.

"I love meeting new people in the city and feeling that competitive nature during pick-up basketball games," he says.

Jeremy plays at both Bayshore and Stearns Park, but prefers Bayshore because of the better level of play.

Playing down by the shore is also an unbeatable locale for hoops. "I mean only in California can you play basketball on the beach during the winter!" Brad adds.

The standard rules are: play till your team loses. Half court is winner's ball (if you make a shot, you take the ball out again) whereas full court is loser's take out. Player's call their own fouls, and settle most disagreements with a classic "shoot for it." Which mean if you can make a lot of shots you can win a lot of arguments!

Pick-up basketball is grand fun, so find a court, some shoes, a ball and head out there. It's the easiest team sport to play without actually being part of a team! [908](#).



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# Book a Tee Time... Long Beach Public Golf Courses

By John Grossi

One often-overlooked advantage to living in East Long Beach is its accessibility to the great game of golf. Thousands of residents from all over Southern California drive to the 908 each day to play Skylinks, El Dorado and Recreation Park Golf Courses. For us East Long Beach residents, the drive is a mere five minutes.

Golf is a great fitness activity because it is playable by such a wide range of ages and abilities. Yet despite this wide range, everyone can play together.

Take a walk through one of our world-class courses and you will see men and women at every stage of life enjoying the great outdoors. They're walking amid the beautiful green grass and trees, testing their physical and mental prowess, and most importantly spewing a constant mixture of compliments for partners' shots and foul detriments at their own game.

Each golfer's motivation to play is as different as his or her golf swing. But for many

Long Beach seniors, exercise and socialization are both at the top of the list.

For 93 year-old 908 resident Evelyn Edens, fitness is a big reason she joined the Skylinks Golf Course Women's Club 15 years ago.

"It's a very friendly group and it's fun. It's nice to exercise with people you get along with," says Evelyn.

Actually, she used to belong to the El Dorado Park Golf Course Women's Club, but switched to Skylinks because it was an easier course...or so she thought.

"The year I switched to Skylinks they re-did the whole course and made it way tougher!" laughs Evelyn. "But what's wonderful about this group is that they put up with me. As long as I keep up with them and play golf they don't care what my score is. They don't kick me out because I'm not a good golfer!"

Playing Long Beach public courses can be like playing a resort if you take advantage of each course and the different amenities it offers. Rec Park 18 is a classically nice and challenging course with lots of elevation changes and a great mix of doglegs.

El Dorado is a bit narrow for the beginning golfer, but its tree-lined fairways are beautiful while the potential to lose a ball into one of its ponds or streams add tension to the round. Skylinks plays like a links course with more length and a lot of sand traps.

For beginning golfers or a quick practice round, Heartwell Par 3 course and Rec Park 9 hole are both great resources.

A lot of residents have a favorite local

course, like Andy Hall, an avid golfer who loves playing Rec 18.

"I really like Recreation Park because it offers a challenge of being a little bit long, a little bit hilly, and a little bit easy all at the same time. Once you finish walking 18 holes at Recreation Park you can really feel it in your legs a lot more than you can at Skylinks or El Dorado."

Rec Park is closest to Wilson High School where Andy teaches and is the varsity baseball coach so he frequents the twilight rounds there often. However, we found him teeing off early morning at Skylinks over winter break.

"It's fun to play all the courses in Long Beach" he says "The green fees are a great value to any resident golfer with a resident card."

## Quick Facts: Long Beach Public Golf Courses

**Skill Level:** All

**Ages:** All

**Cost:** Varies by course and time of day

**Location:** Skylinks, 4800 E Wardlow Rd. El Dorado, 2400 N Studebaker Rd. Recreation Park 18, 5001 Deukmejian Dr. Heartwell, 6700 E Carson St.

**Website:** [www.lbcgolf.com](http://www.lbcgolf.com)

**Health Benefit:** Golfers walk an average of 6,000 steps when playing 9 holes of golf and 13,000 steps when playing 18 holes.





If you are one of the many people out there who loves golf but hasn't found the time recently to get out and enjoy the sport with friends, this is your reminder that the courses are green, the fairways are mowed, and the greens are calling your name. Long Beach residents can get great discounts by purchasing a resident card and/or joining a local club.

There's no excuse not to drive, chip and putt your way into shape this year. After all we have five courses just about a nine-iron away from your house! **•908•**




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# Dig and Spike...

## Long Beach Volleyball Meetup Group

**By Jonathan Murrietta**

Since starting the Long Beach Volleyball Meetup Group in 2007, group organizer Roman Ansari has watched his membership grow to more than 1,300 people.

“What I wanted to do was create something that is open to everybody,” Ansari says. “I wanted to know how to play volleyball, and I couldn’t find a group, especially one that was inclusive to everyone, beginners and experienced players alike.”

So Ansari started the Long Beach Volleyball Meetup group on the beach at Granada Avenue and Ocean Boulevard. The group operates under the umbrella of Long Beach Volleyball Incorporated and meets every Saturday and Sunday from 8 a.m. to 2 p.m. There are private lessons for beginners and competitive games for groups of two and four people. The Meetup group is free to join for the first 30 days; after that, it’s \$5 a month to play.

“The membership is so inexpensive and

it makes for fun weekends,” says Naomi Inoue, a 90815 resident and Long Beach Volleyball Meetup group participant. “The workout is great and you get to meet new people.”

Michelle Higginbotham echoes that sentiment, saying the people that the Meetup group attracts is the best part of the whole experience.

“It’s great to meet people from all over Long Beach that are of all different ages, backgrounds, and professions,” Michelle says. “Beach volleyball is something that’s addicting – it’s so much fun. You can be a beginner and people here will train and coach you. Roman puts on free classes on Sundays for those who are new to the sport. Basic principles of volleyball are taught, and you play with people of all levels.”

Andre Ritter, another Meetup participant added, “I like the ease of it. Everything is all set up to where all I have to do is go online [Meetup.com] and say if I want to come or not for that weekend.”

“It gives me something to do on the weekends, something competitive,” says group participant, CJ Triola. “There are some really good players out here. I highly recommend beach volleyball because it’s much easier on the joints, so you can play it for a much longer period of time.”

A sunglass-toting, experienced player

named Dwayne from the 90815, chimes in, saying, “I love coming out here to play; I mean, look at this beach backdrop, it’s gorgeous.”

For more information about the Long Beach Volleyball Meetup Group, visit, <http://www.meetup.com/LongBeachVolleyball/>. **•908•**

### Quick Facts: Long Beach Volleyball Meetup Group

**Skill Level:** All

**Ages:** All

**Cost:** \$5.00 monthly dues (30 day free trial)

**Location:** Meets on the beach at Granada & Ocean

**Reservations:** [www.Facebook.com/LongBeachVolleyBall](http://www.Facebook.com/LongBeachVolleyBall)

**Website:** [www.meetup.com/LongBeachVolleyball](http://www.meetup.com/LongBeachVolleyball)

**Health Benefit:** Playing beach volleyball helps improve the flexibility in your feet and hands





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***“Lack of experienced trainers in the fitness industry is a problem”***  
***-Victor Carrillo***

“Lack of experienced trainers in the fitness industry is a problem. For many trainers, fitness is a hobby so they decide to become a coach or personal trainer. From my experience those people end up developing bad habits,” says Victor.

At Primitive Athletics each new client is treated as an individual beginning with a complete 1-on-1 fitness assessment. From there the journey continues. Clients set their personal goals, develop a personal workout plan, and are given the tools to cultivate a healthy diet. No matter how lofty or moderate your goals, Victor, Kat, and the coaches will help you achieve them.

Primitive Athletics splits its time between group classes and personal training.

Classes offered throughout the day include Functional Fitness, Primal Burn, Power Lifting, and Yoga with more classes available soon. All new clients receive a sufficient amount of personal training

### **Quick Facts: Primitive Athletics**

**Skill Level:** All

**Ages:** Adults

**Cost:** Private Training \$55 for 30 minutes or \$75 for an hour. Call for group class costs and schedule.

**Location:** 4007 Paramount Blvd., Ste. 105, Lakewood

**Information:** 562-425-7282

**Website:**

**primitiveathleticsinc.com**

**Health Benefit:** Functional fitness workouts help improve stamina, strength, speed, coordination and agility.

## **Functional Fitness Training for Every Level... Primitive Athletics**

**By John Grossi**

**H**ave you been going to the gym for years, without seeing results? Are you still trying to achieve the perfect core? Lift the same weights daily? Run the same distance on the treadmill?

Lucky for you, Victor Carrillo and Kat Swindell have created a workout and training facility in Lakewood to combat these common exercise ruts. It may be called Primitive Athletics but the thought process behind the development of the gym is a little bit more advanced.



upon signup to ensure proper technique necessary to perform within a class setting. Or clients may choose to maintain their fitness goals through the continuation of personal sessions.

The functional fitness options at Primitive Athletics are professional and effective for all athletes.

Two misconceptions about functional fitness that Victor and Kat would like to clarify to potential clients:

1) A lot of women shy away from functional fitness type gyms because they think they will “get buff.” That is definitely not true. The women in commercials who have such high muscle mass are on a very specialized protein diet which is the main reason they look so big. However, if your goal is just to lose weight or get in shape by gaining lean, strong muscles, functional fitness will pair with your normal diet to do just that!

2) People sometimes think it’s unsafe to execute the functional fitness movements at such a high speed and volume. They think they might get hurt. At Primitive, the coaches are University-educated and properly certified to make sure every movement you do is safe for you! However, injury can happen regardless of whether or not you have a good coach.

Victor and Kat are great coaches because they believe in educating, uplifting, and motivating their client community. But above all, what makes them top-tier coaches is the depth of their caring for clients.

“We all care so much about our clients and we do everything we can to help them meet their goals. I can’t speak for any other gym,” says Victor “But we truly try to create a positive community here that will help motivate everyone working out.”

So keep your New Year’s health improvement resolutions and feel empowered to reach your fitness goals. Plenty of Long Beach clients already have and they can’t wait for you to join the team! [908](tel:908)



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# Waterfront Workout... Strength by the Beach Boot Camp

By John Grossi

Most of us know Mother's Beach on a hot summer afternoon. Children playing, mothers wading in the water, and families enjoying the simple and free pleasures that Long Beach has to offer.

On Sunday mornings at 8 am, however, it's all business. Even in the cold of winter. A landscape known for leisure becomes a bustling arena of walkers, runners, fitness groups and boot camps.

Recently we caught up with one boot camp called Strength by the Beach (literally, I had to catch up, I got there at 8:05 am and they were already running!). Strength by the Beach has been cross-training at Mother's Beach every Sunday at 8 am for the last 13 years...hot or cold, summer or winter, easy or hard...the Strength by the Beach faithful are there building core strength, leg muscles, cardio endurance, and whatever else the ever-evolving class throws their way.

Founder, Leader, and Chief Motivator Cindi Gans is a local personal trainer who also runs a fitness class for kids at Naples Elementary. In fact, it was a group of moms from Naples who inspired her to start this Sunday Boot Camp in 2003 because they were training for their first marathon. They wanted a fun way to cross-train outdoors on their non-run days. And Cindi was the perfect fit. Week in and week out she brings music, encouragement and variety to her outdoor class.

"Sometimes we do a circuit, sometimes we jump rope, and other times we have stations working agility or using weighted balls. Or we may do pull-ups!" says Jane Cowan who has been taking the class for about 10 years and loves the variety. "Cindi changes it up so well; I never get bored. It's always great to be outside. No matter what, though, we always finish by doing pushups, sit-ups, and stretching at the end."



The constant movement and unique exercises make it easy for the members to come back each week. And while the class is open to the public and has seen many influxes of new faces throughout the years, there is also a core of women and men who have stayed in the class since the beginning.

Jane for one, hasn't missed a class in the last 10 years. "She comes to class every single week, then leaves right at the end to go get ready for church," says Cindi. "We always say 'Jane never misses a class and never misses a mass!'"

Terry has been training at the Sunday boot camp for six years and is a strong advocate of the benefits. "The city of Long Beach has many hidden gems. Cindi Gans and Strength by the Beach is just another great one that we should all enjoy. The various exercises like medicine balls on the beach and hula-hoop in the sand are great workouts," he says.

The waterfront workout is an undeniable perk of living in our city by the sea. For participants in the weekly Strength by the Beach Boot Camp, the locale is a huge draw.

Cindi had all that in mind when she decided to start the public fitness group. "I chose Mother's Beach because it has it all. The sight of the water while you are squatting on the sand from lifeguard chair to chair is beautiful! So are the trees while performing

endless core exercises on the grass!"

Stacey Wesling has been taking the class on and off for about 10 years now. "I love this class, it gets me motivated, it gets me started on my Sunday mornings," Stacey says. "Cindi keeps us focused and the camaraderie and the constant moving and energy are fantastic!"

If you're looking for a beautiful view of our city and searching for a better fitness image of yourself, this friendly, fun and challenging fitness class may be a great one to try. There's no better place to build Strength than by the Beach! **•908•**

## Quick Facts: Strength by the Beach

**Skill Level:** All

**Ages:** All

**Cost:** \$20 per class or purchase 10 classes for \$100

**Location:** Mother's Beach, 5839 E. Appian Way

**Website:**

[www.strengthbythebeach.com](http://www.strengthbythebeach.com)

**Health Benefit:** The team atmosphere and intense full-body workout make boot camps a great choice for reducing excess body weight and improving overall coordination.





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6. Long Beach Weightlifting classes are led by USA Weightlifting Sports Performance coaches. The goal is to find your maximum single lift over three attempts via the Snatch and the Clean & Jerk.

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# Risk it and Disc it...

## El Dorado Park Disc Golf

By Emily Ayers

If you've lived in Long Beach for a while, you have probably driven by the El Dorado Park Disc Golf Course on Studebaker Road and Spring Street. Lush green grass and a maze of trees create the home for a sport that attracts diverse people who are eager to come out and play, rain or shine.

Disc golf (aka Frisbee® Golf) became a formalized sport in the 1970's, and has continued to gain popularity not just around the country, but right here in Long Beach. The game is quite simple and is similar to "ball golf," where the object is to complete each hole or target in the fewest number of throws. Players throw the disc from a tee area to a specific target. A typical course has about 18 holes, but that can vary depending on the location.

Local Long Beach resident Lester Wyrwa was introduced to disc golf in 1992 by one of his dear friends. Lester remembers that when he first started playing there weren't any metal baskets with chains to throw the discs into as targets.

"Instead we had designated trees or poles we had to aim at," remembers Lester. "Since then, there has been so much growth to it. Many people will look at the disc golf game as a sport, but I choose to look at it as a lifestyle."

Disc golf is appealing to players as the sport is essentially free to play and there are courses all over the country. This ease and variety excites longtime players like Lester. He does suggest that beginners invest in three discs - a driver for long range shots, a mid-range disc for middle distance shots, and a putter for close-up shots.

"As time progresses, you'll get better and eventually learn the way the discs fly and how to control them," adds Lester. "There are many discs for different types of shots.



Just in my bag I have roughly about 15 different ones."

For disc golf enthusiast and Long Beach resident Paul Redner, seeing the sport progress has been the most rewarding aspect of the game for him. Starting roughly seven years ago, he remembers a time when people didn't take the sport as seriously. Since then, Paul says people's perceptions of disc golf have changed greatly.

"Now every year I see new people on the course," says Paul. "I play with people who range from the age of 20 to 87. We play with homeless people, police officers, long-shoremen, people bring their families, and their dogs. Ultimately that is what we love to see, and we embrace anyone who comes out regardless of his or her background. They instantly are welcomed into our community and encouraged to try the sport."

In a city rich with alternative ways to exercise, disc golf is one that offers its players more than just a good workout; it is one that instills a sense of camaraderie. "The amount of people you meet and the friends you make is awesome," adds Lester.

"But I also get to bring my kids out onto the course to play and have fun, and for me to witness them having the same experiences I did when I was younger is simply wonderful. We are ultimately all one big disc golf family out there that just want to have some fun." **.908.**

### Quick Facts: El Dorado Park Disc Golf

**Skill Level:** All  
**Ages:** All  
**Cost:** Free  
**Location:** 2900 N Studebaker Road  
**Website:** [www.longbeach.gov/park/park-and-facilities/directory/el-dorado-park-west](http://www.longbeach.gov/park/park-and-facilities/directory/el-dorado-park-west)  
**Health Benefit:** Disc golf will help you develop patience, accuracy and will teach you a few things about physics as well.







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# Burn your Inner Fire..

## Long Beach Boot Camp

By Jonathan Murrietta

Long Beach Boot Camp began 11 years ago. Originally intended to create a safe place for women to work out, it has grown and evolved over the years immensely, now boasting a coed group of around 150 members and counting.

“Now we have more of a mind, body, spirit approach here,” says Long Beach Boot Camp owner Shannon Paul. “So we have the traditional boot camp classes and we also have meditation classes, hill running -- we have all sorts of different classes now.”

Fitness instructor Lindsay Del Rossi teaches one of those classes -- a boot camp class at picturesque Marina Vista Park. 908 Magazine got a sneak peak at a workout on an invigorating Wednesday morning. The workouts are always a bit different, but one thing stays constant -- feeling that burn.

“Today’s workout is called Going Places,” Lindsay says. “Every place you go to is a landmark destination, where one workout ends and another begins. We do core moves, work on strength and endurance. We do plyometrics, running drills, partner drills with resistance bands -- and we make it fun.”

That’s the operative word -- fun. Boot Camp participant Elisa Zamora said the fun is what keeps bringing her back to Long Beach Boot Camp.

“It’s outdoors, which makes it more fun,” Elisa says. “Every day is different and all the trainers are great; they have their own style. I used to have a gym membership, and I never went. Having a group of people to work out with holds me accountable.”

Another regular Boot Camp participant, Tina Kulek, agrees with this sentiment.



“We really care about each other,” Tina says of her fellow participants and fitness instructors. “Overall, you feel so much better when you work out.”

For everyone at Long Beach Boot Camp, it’s not just about being physically fit, but mentally fit as well. Sami Reed is an owner and fitness trainer at Long Beach Boot Camp. She teaches a meditation class on the beach by Belmont Brewing Company. According to Reed, staying fit is all about being intentional with working out.

“It’s really about getting in alignment with what I think, what I say, and what I do,” Sami explains. “It’s important to set intentions for the year and for the now and to be in touch with your body.”

Adds Reed, “Long Beach Boot Camp is about burning your inner fire.” [908mag.com](https://www.908mag.com)

### Quick Facts: Long Beach Boot Camp

**Skill Level:** All  
**Ages:** All  
**Cost:** Varies Based on Service  
**Location:** 4645 E. Anaheim St.  
**Website:** [longbeachbootcamp.com](http://longbeachbootcamp.com)  
**Health Benefit:** A multi-pronged fitness approach that incorporates mind, body and spirit produces greater results in a shorter amount of time.



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Balayage



Highlights



### What is this thing called "Balayage"?

Balayage is a French word that refers to the process of sweeping or painting color onto hair. This method of highlighting gives you a more natural result and requires less maintenance than traditional foils. Balayage is less obvious, so you can go longer between salon visits sometimes only coming in for a retouch 2-3 times a year.

#### Difference Between Foils and Balayage

The main difference between the two techniques is that the head is round and the foils are square. A square foil commits you to work within that square, whereas balayage allows you to move around the strand and working within the existing colors.

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# An East Long Beach Community Classic... The St. Joseph Parish Fair

March 31st • April 1st • April 2nd

**By John Grossi**

Hooray! The St. Joseph Fair is just around the corner! Yep, it's already that time of year again.

The fair has become a staple for the East Long Beach community each Spring, bringing neighbors, friends and families together for three days and nights of awesome rides, local food, and rockin' bands.

The annual April event is moved up to start Friday, March 31st this year and for those of you who have never been, it's worth an afternoon or evening of your time.

This isn't your typical small-scale school or church carnival. It's the best that the 908 has to offer.

Join hundreds of adults and dance each night away to local classic rock cover bands like the Hip Replacements, Grand Junction and the Elm Street Band. Enjoy local flavors from the Italian food booth, Mexican food booth, Joe Jost's booth and more. And of course, there is the ever-popular brew house...serving cold beer and wine all weekend to further engage the East Long Beach community in fellowship.

However, the main focus of the fair is and always has been the kids.

St. Joseph parents and parishioners Don and Lynn Olmstead started the St. Joseph Fair many years ago as a one-day event where kids and parents could enjoy a great day of fun.

Since the Olmstead's stepped away as Chairs, there have been numerous Fair Chairs carrying on the vision, expanding it from a one-day school fair to a three-day community fest. And they succeed beyond their wildest dreams.

When Kraig & Kim Jondle took over 6 years ago as Chairs of the Fair, they vowed to keep that family-fun spirit in mind each year as they continued to improve the event. Conny Frost joined the Jondle's and became Co-Chair 4 years ago. Together they developed the St. Joseph Fair slogan: "Where friends and family come to play."

## Rides, rides, rides!

Getting a new, respectable ride company was a big part of taking the fair to the next level for Conny, Kraig, and Kim. The rides are awesome...like theme park awesome.

Kylie Anderson, an 11-year-old fair-enthusiast says that's why she loves the fair. "I love the rides, they're so fun!" She exclaims. "I like the zipper the best. You're in a cage and it spins around frontwards then backwards."

Eddy Van Guise is a 908 resident who has attended the fair every year for over a decade and, while he loves the camaraderie among fellow adults, he revels at the rides for kids.

"It's like an illusion. How can they put so many rides on that property? It's just a wonderful, wonderful, family, community event," he says.

Out of 16 total rides that fill the field, the most popular include Gravitron, Twister, Thunderbolt, and the Zipper.

Parents who know their kids will be tugging their shirts for more ride tickets come fair day, are encouraged to buy pre-sale tickets and save money. Email Conny Frost at [connyf@internationalaero.com](mailto:connyf@internationalaero.com) to purchase.

908 Magazine loves the St. Joseph Fair





because of how many neighbors it brings together of all ages, denominations and backgrounds to join in good, clean, family fun. It's like having the OC County Fair, or the LA County Fair, just minutes away from our house.

It's the East Long Beach County Fair!

We thank St. Joseph Parish, their volunteers, and the co-chairs, and of course the parish and school administration for putting on such a great community event each year. The weekend-long extravaganza with 14 game booths, 10 food booths, 30 craft booths, a rummage sale and the legendary 16 rides, is attended by an average of 4,000 residents each year.

It's a lot of work, but for the parent volunteers, it's all worth it at the end of the weekend.

"I just love serving the community, the happy faces and the kids running around laughing," says Fair Co-Chair Conny Frost.

"I love the challenge of overseeing such a huge event that means so much to this community," adds Fair Co-Chair Kraig Jondle. "We have over 500 volunteers and a committee of 40 members making sure the fair lives up to its name each year, and it's my job to make all those parts run smoothly."

For Kraig's wife Kim, the third fair co-chair, seeing the community enjoy the weekend so much makes the months of preparation worth it. "I love meeting my community and seeing their smiling faces during the fair," she says. "When I see kids

1) Children and teens roam the ride-field one afternoon while their parents enjoy live music under the tent! 2) Fair co-chairs Kraig and Kim Jondle, Conny Frost and their families will transform the school grounds into fair grounds this March! 3) Rides! 4) Games! 5) Rides!

crying at the door because their parents say it's time to go, I know we've done a great job."

So bring your family and neighbors, and get yourself out this year for a little playtime. It's close, it's affordable and it's a darn good time!

Mark your calendars. The St. Joseph's Parish Fair is Friday March 31st through Sunday April 2nd. For more information, visit their Facebook page by searching "St. Joseph Parish Fair" on Facebook. Or visit the website [www.stjosephlb.org/st-joseph-parish-fair/](http://www.stjosephlb.org/st-joseph-parish-fair/) **908**.

## 2017 St. Joseph Parish Fair Schedule

**Friday, March 31st:** 5pm - 11pm Fair open to the public  
Fish Fry Friday, March 31 from 5 pm - 9 pm

**5pm - 7pm - DJ Mike Gallo**

**8pm - Grand Junction (live country band)**

All food, game booths, and rides open until 11pm

**Saturday, April 1st:** Noon - 11pm Fair open to the public

12:15pm The Long Beach Junior Concert Band & Syncopated Drum Section

1pm - 5pm DJ Mike Gallo (Dance Music)

**5:45pm - 6:45pm St. Joseph's Dads Band**

**8pm The Hip Replacements (live classic rock)**

All food, game booths, and rides open until 11pm

**Sunday, April 2nd:** Noon - 7pm Fair open to the public

**12:30pm Children's Lip Sync event.**

**(2 minutes per performance)**

2:30pm - 4:30pm Mr.C & St. Joseph's Band

**5pm - 7pm The Corgy's (live band)**

6:50 Opportunity Drawing (5 winners will be named)

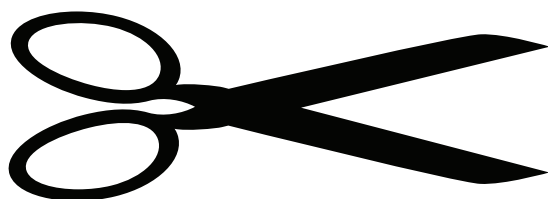
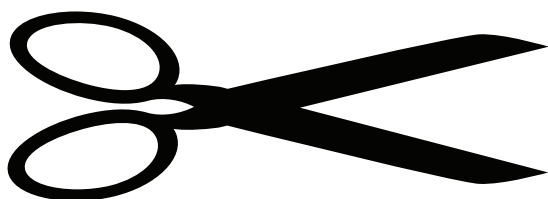
All food, games, and ride open until 7pm

<http://www.stjosephlb.org/st-joseph-parish-fair/>



# COUPONS!! CUT OUT AND SAVE.

## SUPPORT SMALL BUSINESS IN THE 908'!



### \$10 OFF ORDER OF \$75 OR MORE

#### 908 Naples Rib Company

See our advertisement on page 8

With this coupon only.  
Not valid with any other offer,  
discount, coupon or price special  
(including happy hour).  
One per table or Take-out order.  
Offer expires 03/31/17



### 2 FOR 1 PUBLIC SKATING SESSION

#### 908 The RINKS- Lakewood Ice

See our advertisement on page 19

Good for one free public skate session  
and skate rental at all The Rinks locations  
with paid admission of equal or greater  
value. This coupon has no cash  
value. Expires 03/31/17



### 15% OFF ALL FUNDAMENTAL TRAINING

#### 908 Primitive Athletics

See our advertisement on page 48

Enjoy 15% off all fundamental training  
with this coupon only. For new clients  
only! One coupon per person.  
Offer expires 03/31/17



### 1 FREE WEEKLY ACTIVITY (teatime, storytime, or happy hour)

#### 908 Dream Come True

See our advertisement on page 19

With this coupon only.  
Not valid with any other offer.  
One pass per customer, one pass  
per party, new customers only.  
Offer expires 03/31/17



### \$25.00 OFF NEW CLIENT

#### 908 Static Salon

See our advertisement on page 59

With this coupon only.  
\$25.00 off new client. Any hair  
service (cut, color, etc.)  
Not valid with any other discount.  
One coupon per person.  
Offer expires 03/31/17



### BUY KING OR LARGE, GET SECOND PIZZA 1/2 OFF

#### 908 Straw Hat Pizza

See our advertisement on page 57

Purchase one king or large pizza, get  
second pizza half off. With this  
coupon only. Not valid with any  
other offer. Tax not included.  
One coupon per person.  
Offer expires 03/31/17



### \$10 OFF SMOG CHECK

#### 908 Bellflower Smog #3

See our advertisement on page 23

With this coupon only.  
Not valid on re-test.  
Cannot be combined with any  
other offer.  
One coupon per person.  
Offer expires 03/31/17



### BUY ONE STEAK, GET ONE FREE

#### 908 Cirivello's

See our advertisement on page 63

Buy one steak, get one free.  
With this coupon only.  
Not valid with any other offer.  
Dine-in Only.  
Expires 03/31/17



### FREE MARKET EVALUATION

#### 908 Michele K

See our advertisement on back cover

Call or email today for a Free Market Evaluation or  
Listing Consultation about your home!  
(562) 243-2171 / MicheleKSells@gmail.com  
Ask for Michele K!  
Visit my Website for more information:  
www.betterlivinginlongbeach.com



### 10% Discount on all Estate Planning

#### 908 Law Offices of Davis R. Zellmer

See our advertisement on page 9

Bring this coupon for 10% Discount on all  
Estate Planning with this coupon only.  
Not valid with any other discount.  
One per client.  
Offer expires 03/31/17





THE NEW  
AND IMPROVED  
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Restaurant  
and Sports Stop

COME IN AND  
ENJOY...



**DELICIOUS NEW  
FOOD ITEMS!**



**(562)-421-0222**

4115 N Viking Way  
Long Beach, CA 90808



**Happy Hour M-F 11:30-6pm**



# The best way to support this magazine is to support our advertisers!

**BUY 1 SANDWICH GET 1 REGULAR SIZE CUPCAKE FREE**

**Miss Priss Cupcakes**  
See our advertisement on page 45

908

With this coupon only.  
Not valid with any other offer,  
One coupon per person.  
Offer expires 03/31/17



**20% OFF ANY SINGLE ITEM**

**Flags with a Flair**  
See our advertisement on page 65

908

20% off any single item.  
With this coupon only,  
Not valid with any other offer,  
discount, coupon or price special.  
Offer expires 03/31/17



**\$5.00 OFF \$25 OR MORE**

**Market Place Grill Cafe**  
See our advertisement on page 13

908

\$5.00 off \$25.00 or more. Only redeemable at Long Beach Location  
Not valid with any other offer, discount, coupon or price special.  
One per table or Take-out order.  
Offer expires 03/31/17



**15% OFF OF YOUR BILL**

**Cafe Lorel**  
See our advertisement on page 33

908

15% off your entire bill.  
With this coupon only.  
Not valid with any other offer.  
Dine-in Only.  
Expires 03/31/17



**20% OFF DENIM**

**The Denim Bar**  
See our advertisement on page 65

908

20% off any denim item.  
With this coupon only.  
Not valid with any other offer,  
discount, coupon or price special.  
Offer expires 03/31/17



**\$60 DINNER FOR TWO**

**Shenandoah**  
See our advertisement on page 65

908

Tuesday Night \$60 Dinner for Two.  
No Coupon Necessary.  
Tuesday nights only.  
See advertisement on page 65.  
Expires 03/31/17



**20% OFF ANY ITEM**

**Cinnamon Stik**  
10641 Los Alamitos Blvd. Los Alamitos, CA 90720

908

Bring this coupon in to receive 20% off any single item.  
Not valid with any other discount.  
One coupon per purchase.  
Offer expires 03/31/17



**\$5.00 WINGS**

**Brew Kitchen Ale House**  
See our advertisement on page 35

908

Wings voted top 10 best in Orange County. \$5.00 with this coupon.  
Redeemable any time, any day. One per table. Not valid with any other discount.  
Expires 03/31/17



**FAMILY MEAL DEAL - \$24.99**

**Rotisserie Plate**  
See our advertisement on page 55

908

Family Meal Deal - \$24.99  
Whole chicken, house salad,  
2 large sides, & pita bread.  
Not valid for catering or any other offer or discount.  
Offer Expires 04/30/17

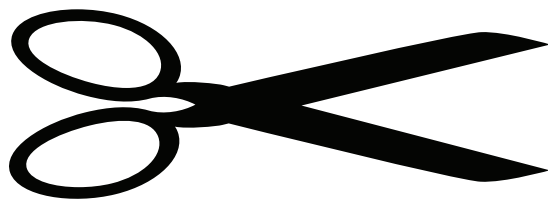
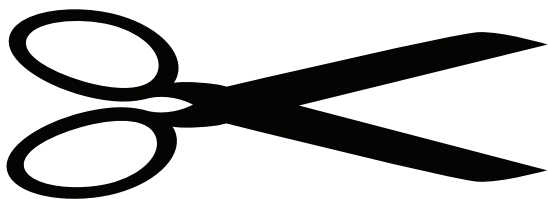


**50% OFF ONE ENTREE**

**The Crooked Duck**  
See our advertisement on page 39

908

50% off one entree with purchase of a second entree.  
Discount applied to the entree of equal or lesser value.  
Offer does not apply to happy hour prices/menu.  
**Mon-Thurs 8am-3pm ONLY!**  
One coupon per table. Not valid on holidays.  
Expires 03/30/17





## The Denim Bar

10661 Los Alamitos Blvd, • (562) 493-3364  
Los Alamitos, CA 90720

Spend time with our denim experts to find your perfect pair! Shop the cutest dresses, tops, accessories, shoes & more! Our gifting philosophy? One for them, one for you!



## Flags With A Flair

10651 Los Alamitos Blvd, • (562) 430-3524  
Los Alamitos, CA 90720

Flags for your house and garden! Gifts, knick-knacks, home decor, candles, yard accessories, and even items for our furry friends!



## Shenandoah

10631 Los Alamitos Blvd, • (562) 431-1990  
Los Alamitos, CA 90720

Charming restaurant serving traditional Southern cooking. Come dine on our patio under huge mulberry trees.



## Dixie James

10621 Los Alamitos Blvd, • (562) 799-1660  
Los Alamitos, CA 90720

Modern, Farmhouse, Home Decor, Interior and Event Design. Pretty things inside!



## Cinnamon Stik

10641 Los Alamitos Blvd, • (562) 596-6939  
Los Alamitos, CA 90720

Lots of decorating and gift giving ideas with a variety of garden signs & stakes, sunflower, rooster, beach, gourmet food, Holiday, and home décor.



# COUPONS!! CUT OUT AND SAVE.

## SUPPORT SMALL BUSINESS IN THE 908'!

**25% OFF YOUR ENTIRE BILL**

**908 El Burrito Grill**  
See our advertisement on page 19

Bring this coupon in to receive 25% off your entire bill with this coupon only. Not valid with any other discount.  
One per table or Take-out order.  
Offer expires 03/31/17



**See Coupon on page 23**

**908 Sports Clips**  
See our advertisement on page 23



**\$300 OFF W/ PURCHASE OF COUNTERTOP**

**908 Granite Transformations**  
See our advertisement on page 7

\$300 Off with purchase of countertop\* 50sq. ft. or more. See store for details. Not to be combined with any other offer or discounts. Must present coupon at initial appointment. Offer valid until 07/31/17



**\$2 Watch Battery**

**908 J&L Jewelry**  
See our advertisement on page 39

With this coupon only.  
One watch battery per person.  
Not valid with any other discount.  
One coupon per person.  
Offer expires 03/31/17



**ADDITIONAL 10% OFF DURING FEBRUARY SALE PRICES**

**908 Tenni-Moc's Shoe Store**  
See our advertisement on page 55

Bring this coupon in to receive an additional 10% off during February sale prices. Not valid with any other offer. One coupon per person.  
Offer expires 03/31/17

**\$5 OFF OF \$20 OR MORE**

**908 Legends**  
See our advertisement on page 57

With this coupon only.  
Not valid with any other offer, discount, coupon or price special. (Excludes Alcohol)  
One Coupon Per table.  
Offer expires 03/31/17



If you believe that Life is Great in the 908, represent your city! We have t-shirts and mugs for sale on our website [www.lb908.com](http://www.lb908.com) or you can call us today! (562) 682-8846





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**Long Beach Water**

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the pace?**

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more info at [BetterLivinginLongBeach.com](http://BetterLivinginLongBeach.com)

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