



Dear «Preferred_Name»,

February is American Heart Month, and there's no better time to learn to be heart healthy. Many of us have been touched by heart disease, which is the number one killer in America. American Heart Month aims to raise awareness about heart disease and increase knowledge about prevention. By taking the time to educate ourselves on the dangers of heart disease and learn about how to ensure a heart-healthy lifestyle, we can greatly reduce our risk of heart disease.

For example, limit the amount of saturated fat and sodium in the foods you consume. Healthy options include whole grains, fresh fruits and vegetables and lean meats, fresh poultry, and fresh fish. Also, exercise regularly, at least thirty minutes per day. Studies show that for every hour of walking, you may increase your life expectancy by two hours. Lastly, manage your stress. According to the American Heart Association, studies show that high stress levels increase blood pressure and make your heart work harder. Taking steps to address these issues can reduce the chance that you will be affected by heart disease.

That is why the San Jose City Council has issued a proclamation declaring the month of February 2011 as "American Heart Month" in the City of San José. We hope you will join us and "Go Red" to fight heart disease.

For more information about heart disease and how to prevent it, visit the American Heart Association website at www.americanheart.org.

Nancy Pyle
District 10 Councilmember

WOWW, What a Success!

Thank you to everyone who attended my fourth annual Westfield Oakridge Winter Walk (WOWW) and resource fair for seniors on February 11! It was such a success. I would especially like to thank Councilmembers Donald Rocha and Ash Kalra for co-hosting this year's event with me! We had over 200 attendees and 50 resource organizations participate this year. Support from Kaiser Permanente, Macy's, Nordstrom Rack, Old Navy, Caremore, and The Sound Spectrum were all greatly appreciated. I am already looking forward to next year's WOWW!

2011 Redistricting

Every 10 years, new population figures from the census are released by the U.S. Census Bureau. As a result, San Jose establishes new City Council



Mid-February 2011
Newsletter
print version is
[available here](#)



Councilmembers Pyle and Kalra present the Go Red For Women Proclamation to Dana Vollmer at Westfield Oakridge on

District boundaries. These boundaries determine which Council District represents each resident, and ensures equal representation for San Jose citizens.

To provide maximum community input on redistricting issues and interests, public meetings will be held in the coming months at various locations in the City. Please check this [website](#) for information and updates as they become available. If you have any questions or comments, please send them to 2011redistricting@sanjoseca.gov.

Downtown Dining & Arts Gift Certificate

The San Jose Downtown Association is kicking off a special two-month promotion on February 17. Print this [gift certificate](#) to save \$10 at select restaurants (participating locations are listed on the certificate) or to receive discounts for your favorite performing arts groups or museums. Make your reservation today!

Strong Neighborhoods Funding Grants For Community Action & Pride

The [Community Action and Pride \(CAP\) Grant](#) is a resource to neighborhood groups in the City of San Jose. Grants are available to fund projects that build cleaner, safer and more engaged communities such as Dumpster Days and National Night Out events. Items eligible for funding include basic community building activities such as newsletters and outreach efforts as well as events and block parties such as Mother's Day celebrations or Day of the Child activities. This year Strong Neighborhoods will award \$100,000 to eligible grantees.

Applications are online at [WebGrants](#) (deadline: February 23, 2011). The WebGrants online portal allows residents to apply for funding opportunities offered by the City of San Jose. Questions? Call (408) 794-6575 or email capgrant@sanjoseca.gov.

Independent Police Auditor Teen Leadership Council

The City of San Jose's Office of the Independent Police Auditor (IPA) is recruiting 15 young people to participate in an IPA Teen Leadership Council or IPA-TLC. The group is being formed to provide insight to the IPA about youth interactions with the San Jose Police Department and about how to improve their relationship with law enforcement. The youth will receive leadership training and participate in IPA outreach efforts throughout the City this coming summer, 2011.

To be considered for the IPA-TLC, an applicant must reside in San Jose and be between the ages of 14 to 18. One IPA-TLC member will be selected from each of the City's ten Council Districts. In addition, the IPA will select five at-large members.

Applications, which are available on-line at www.sanjoseca.gov/IPA, must be filed on or before February 28, 2011 at 5pm. They may be submitted by mail, email, fax or in-person. Further information can be obtained by calling (408) 794-6226.

Cinequest Film Festival

From March 1 to March 13, downtown San Jose is home to Cinequest, one of the most exciting film festivals around! Cinequest is one of the last big festival bastions for the discovery of new and emerging film artists. Cinequest Film Festival (CQFF) presents a dynamic 13-day event of 200 international films with over 600+ film artists, technologists, and professionals from 44 countries in attendance. Over 10,000 artists have attended CQFF to date. Visit www.cinequest.org/indexCQ.php for more information about films, tickets, and special events.

February 4th



Councilmembers Rocha, Pyle and Kalra at the 2011 Westfield Oakridge Winter Walk on February 11th



Seniors at the 2011 Westfield Oakridge Winter Walk warming up by dancing to "The Hokey Pokey"



Councilmember Pyle and Judge LaDoris Cordell stretching at the 2011 Westfield Oakridge Winter Walk



Join the City of San Jose's Youth Commission

The San Jose City Council will be accepting applications until Friday, March 25, 2011 at 5:00 pm for an appointment to the Youth Commission. The Youth Commission was formed to foster greater involvement of youth in municipal government and studies any problems, activities and concerns of youth relating to municipal policies, programs or projects of the City.

There are eight positions available on the Commission, including one for District 10. Applicants must be between the ages of fourteen and twenty at the time of appointment and must live in the Council District they represent.

Applications may be obtained from the Office of the City Clerk, City Hall, 200 East Santa Clara Street, San Jose, CA 95113 (408) 535-1252, or on the City's Web site at www.sanjoseca.gov/clerk/vacancy.htm. If you would like additional information regarding the Commission, please call (408) 793-5559.

Wheelchair Lacrosse

Recently the City of San Jose's All Access Sports developed the second Wheelchair Lacrosse (WLAX) team in the nation. WLAX is played on a roller hockey rink. The rules and equipment is the same as regular lacrosse with some modifications. This sport is great for athletes, injured soldiers, and those new to playing sports in a wheelchair. It boosts self-confidence, is a great cardio workout and is simply a lot of fun. Currently practices are held every Friday from 3pm to 4:30pm at the Almaden Community Center (6445 Camden Ave). Come by to witness history! For more information contact Dominique at 408-268-1567 or dominique.pacolba@sanjoseca.gov.

New San Jose Public Library website goes live!

San José public library has a new website with updated design and interactive features. Check it out at www.sjpl.org.

Calling all musicians ages 12 to 18—"Battle of the Bands" is back! San Jose Public Library presents the 4th "Battle of the Bands" in honor of Teen Tech Week March 6-12. Teens can participate in a competition for a chance to perform at a live concert in March and win awesome prizes. Last day to submit online entries is Saturday, February 19. Visit www.sjpl.org/battleofthebands for all the latest contest details and recording session dates.

Reading Buddies at the Almaden Branch Library

Does your young reader need a helping hand? Perhaps some practice reading words out loud and applying basic comprehension skills, or maybe just some fun reading time to encourage a lifelong love of books?

Join the [Almaden Branch library](#) for Reading Buddies, offered once a week on Wednesdays from 5:30-6:30 pm. The library has trained, enthusiastic teen volunteers available to read with your child. Volunteers work one-on-one or in small groups with kids to help them choose the right books for their reading level and to practice reading them together in a fun, stress-free environment. This program is recommended for young readers in K-3rd Grade, but older or younger children are welcome to join us if this sounds like the right type of program for them. No need to sign up in advance. Just meet in the Doris Dillon Children's area! For more information, call (408) 808-3040.

Child Safety Seat Installation

Is your child's car seat installed correctly? The National Highway Traffic Safety Administration (NHTSA) estimates that almost 3 out of 4 parents have a car seat that is improperly installed—and if you are one of them, your child safety seat may not protect your child the way it should. To find

What do YOU think about police & teens in San Jose?
We want to know!
Join the IPA Teen Leadership Council
IPA-TLC

The IPA takes complaints from the public about police in San Jose.
We're looking for 15 teens from all over San Jose to help the IPA spread the word about our office.

Meet cool teens -- Be a part of something positive!
Will meet once per month.

For more info:
• call (408) 794-6226
• visit www.sanjoseca.gov/IPA
• check out Office of the Independent Police Auditor San Jose on Facebook



click for more info

EXPERIENCE 21
SO MUCH MORE THAN A FILM FESTIVAL

MARCH 1-13, 2011

CINEQUEST



First San Jose WLAX team practice

San Jose Public Library's

BATTLE OF THE BANDS



Arts Calendar –
fun things to do around town!

a child safety seat inspection site near you, visit www.nhtsa.dot.gov and use the "Locate a Child Seat Fitting Station" link. Certified technicians will inspect your child safety seat for free and show you how to correctly install and use it.

City Calendar:

City Council Meetings

Tuesday, February 15th; 1:30pm and 7:00pm

Tuesday, February 22nd—no meeting

Tuesday, March 1st; 1:30pm

Tuesday, March 8th; 1:30pm

City Hall, 200 E Santa Clara Street, City Council Chambers

www.sanjoseca.gov/clerk/agenda.asp

Community Calendar:

Hoffman Via Monte Meeting

Wednesday, February 16th; 6:30pm

Neighborhood Center, 1180 Blossom Hill Road

Playa Del Rey Meeting

Wednesday, February 16th; 6:30pm

Pearl Library, 4270 Pearl Avenue

2011 State of the City Address

Thursday, February 17th; Doors open at 6pm, Program begins at 6:30pm

San Jose Civic Auditorium; 135 W. San Carlos Street

<http://events.r20.constantcontact.com>

VEP Community Meeting

Tuesday, February 22nd; 7:30pm

Vista Park Community Room; 475 Hyde Park Drive

www.vepca.net

Early Care & Education Commission Meeting

Monday, February 28th; 7:00pm

MLK Library

<http://sjpl.org/ecec>

Almaden Senior Association Meeting

Wednesday, March 2nd; 9:45am

Almaden Community Center, 6445 Camden Avenue

www.almadenseniors.org/

Parks and Recreation Commission Meeting

Wednesday, March 2nd; 5:00pm

City Hall, 200 E Santa Clara Street, Wing 118-119

www.sanjoseca.gov/prns/sicommissions/parks/default.asp

South First Friday

Friday, March 4th; 7:00pm

South First Street between San Carlos and E. Reed streets

www.southfirstfridays.com/

District 10 Youth Advisory Council Meeting

Wednesday, March 9th; 6:00pm

Almaden Community Center, 6445 Camden Avenue, 2nd Floor

Neighborhood Services and Education Committee Meeting

Thursday, March 10th; 1:30pm

City Hall, Council Chambers

Almaden Valley Community Association Meeting

Monday, March 14th; 7:00pm



See How They Run

Tabard Theatre

Now to February 20

[Click here for details](#)



The Barber of Seville

Opera San Jose

Now to February 27

[Click here for details](#)



Guys and Dolls

Children's Musical Theater
San Jose

February 24 to 27

[Click here for details](#)



Swan Lake

Ballet San Jose

February 25 to 27

[Click here for details](#)

Contact Us

Office of Councilmember
Nancy Pyle
Councilmember, District Ten

T- (408) 535-4910

F- (408) 292-6478

E- district10@sanjoseca.gov

www.sanjoseca.gov/district10

District 10 Staff

Almaden Community Center, 6445 Camden Avenue, Room 3
www.avca-sj.org

Kathy Sutherland
Chief of Staff

Did you know?

San Jose was recently named the “Happiest City to Work” by CareerBliss, a leading online career resource. CareerBliss picked the top fifty cities by evaluating eight factors that affect work happiness: growth opportunities, compensation, benefits, work-life balance, career advancement, senior management, job security and whether the employee would recommend the company to others.

Linda Alexander
Executive
Assistant/Scheduler

Laura Cowan
Council Assistant

Lauren Profeit
Council Assistant

Nitila Patel
Council Assistant

Quote

**“It is today that we must create the world of the future”
-Eleanor Roosevelt**

Frank McLaughlin
Council Assistant

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