



CITY OF CALEXICO

COMMUNITY SERVICES

DEPARTMENT NEWSLETTER



Volume 5, Issue 5
Sept/Oct, 2011

BEATLE FEST!

October 3-8, 2011

Oct. 3-5 - Art Show Exhibit @Cultural Arts Center

Oct. 6 - Art Show Reception @ Cultural Arts Center

Oct. 8 - Concert @Rodney Auditorium 2p.m. & 8p.m.

To participate in art show, contact
Leah @768-2170

For concert info contact the
Calexico Chamber of Commerce @ 760-357-1166

Community Events



Calexico "Cool Down In Our Town" Event

Saturday, Sept. 10, 2011

Enjoy live shaved ice, ice cream, live music, raffles, games and so much more!

For more info contact 768-5426



Fire Ball 2011

Friday, Oct. 14, 2011

All proceeds from Fire Ball 2011 will remain in Imperial Valley to support the vital work of the Burn Institute - Imperial Valley

For more info contact (858)541-2277 Ext. 20.

El Grito de Independencia & Taco Cook-Off

Saturday, Sept. 17, 2011

Stark Field, El Centro

5-10p.m.

For more info contact 337-4555

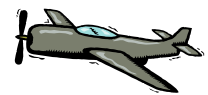


Aviation Day

Saturday, Oct. 22, 2011

Imperial County Airport

8:00a.m.-3:00p.m.



Ronald McDonald House Charities of San Diego 2nd Annual Red Shoe Day

Wednesday, Sept. 28, 2011

Collections will take place at various intersections throughout the Imperial Valley. Look for the red shoes! For more info contact 482-5190

Calexico Arts Commission
Hildy Carrillo, Chair
Soledad Salazar
Judith Mazon
Sergio Gaytan
Fernando Martinez

Comm. Svcs. Director:
Sandra Tauler

The Calexico Arts Commission meets the first Monday of each month at 6:30 p.m. in the Nene Torres Council Chambers at City Hall 608 Heber Ave. Calexico, CA



LIBRARY



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Enjoy popular titles from the comfort of home

Camarena Memorial Library is proud to offer you best-selling and classic eBooks from the library's website,

<http://calexicolibrary.org>



Browse the collection, check out with your library card, and download to PC, Mac®, and other mobile devices.

Calexico Carnegie Tech Center FUNDRAISER



Thursday, Sept. 8th
6:00—9:00 p.m.

Your donation will help purchase new computer equipment for the Tech Center. It provides Internet access, computer classes, and WI-FI
ALL FREE!!

The program will include the unveiling of the DONOR WALL, the installation of a Historic Plaque, and a special recognition for Margarita De Necochea.

Tickets are \$50 / person

Program sponsored by the Carnegie Tech Center Committee

Read Eat And Discuss!

Join the R.E.A.D Book Club today!

This month's book is...



Snow Flower and the Secret Fan

by Lisa See

Monday, Sept. 19, 2011

@ 6:15p.m.

**Every meeting
is a potluck!**



Library Board of Trustee

Gaspar Cuevas, President
Norberto Nuñez, Vice-President
Armida Romero
Elaine Perez
Community Services Director:
Sandra Tauler

The Library Board of Trustees meets the fourth Wednesday of each month at 6:30 p.m. at the Carnegie Technology Center 420 Heber Ave. Calexico, CA

Camarena Memorial Library Halloween R/F

Join us for a night of games, prizes, crafts, free books & raffles!



Wednesday,
October 26, 2011
6:00-7:45p.m.

Registration begins @5:30p.m.

Movies in the Park



Enjoy a free movie with your family at Crummett Park



Friday, Sept. 2, 2011
8:00 p.m.
"Gnomeo & Juliet"



Friday, Oct. 7, 2011
8:00 p.m.
"How to Train Your Dragon"

Bring your blankets, chairs and snacks to share!



*Concession stand available.

Programs sponsored by Measure H Funds

Eat for a Healthy Heart

In the fight against heart disease, the nation's number one killer, Americans already have three powerful weapons at their disposal: **The knife, the fork and the spoon.** As evidence mounts that cardiovascular disease can be prevented, managed and even reversed with changes in diet, the American Heart Association has made eating for heart health a central theme. Of the seven behaviors the AHA endorses to ward off heart disease, five are related to diet and nutrition. For patients newly diagnosed with heart ailments, there is more proof than ever of food's role in treatment, says Rachel Johnson, who has a doctorate in nutrition. Johnson and her colleagues on the AHA's Nutrition Committee "went through a rigorous process of reviewing the scientific literature and narrowing down to those components of a heart-healthy diet that have been shown to be the most effective in terms of lowering cardiovascular risks," she said. The five diet components that the AHA experts consider most crucial:

- ◆ Eating plenty of fruits and vegetables — the equivalent of 4 1/2 cups a day, or more when possible. "That may sound like a lot," Johnson concedes, "but by eating a big salad with lots of dark green and orange vegetables, you can go a long way toward that goal."
- ◆ Eating fish. "We are saying at least two servings a week if not more, up to 3 1/2 servings a week," says Johnson. "And especially the oily fish, because that's where the heart-healthy omega-3 fatty acids are — fish such as salmon, mackerel and tuna."
- ◆ Eating fiber-rich whole grains, at least three servings daily of about one ounce (roughly one slice of bread). Johnson says read labels "to make sure that the first ingredient listed is whole grain. What we mean is eating grain in the most unprocessed form: brown rice instead of white, whole grain pastas instead of white flour pastas."
- ◆ Reducing sodium to less than 1,500 milligrams a day. "We've got a long way to go," says Johnson, given that the average American's daily sodium intake is about 3,400 milligrams, more than 70 percent of which are so-called "hidden salts" in processed foods. Johnson says the AHA has been working closely with the food industry to lower the sodium content in processed foods
- Reducing consumption of sugar-sweetened beverages to no more than 36 ounces a week for a total of 450 calories. "Americans are consuming way more added sugars than we should," says Johnson — not the sugars that occur naturally in foods such as milk and fruits, but those that are added in processing and preparation. "The average American consumes about 22 teaspoons a day of added sugar," she says, "and sugar-sweetened beverages are the number one source of those added sugars." The AHA recommends limiting added sugars to no more than six teaspoons a day for women and nine teaspoons a day for men — and drinking water instead of sweetened beverages.

Several of the specific steps also advance an overall AHA goal for a heart-healthy diet: helping patients achieve and maintain a healthy weight. "We know that as we age, there's that creep of a couple of pounds a year and before you know it, you're out of your healthy weight range," Johnson says. "So it's critical to achieve that appropriate energy balance, which means balancing your level of physical activity and the calories you eat."

Johnson knows that even when eating more healthfully may be a life-or-death matter, heart patients can struggle with it. "To me, the take-away message is, there's not one size that fits all," says Johnson. "The key is to find what works best for you, and make changes that you're going to be able to sustain."

Full Article may be obtained at <http://www.aarp.org/food/diet-nutrition/info-03-2011/eat-for-a-healthy-heart.html>

Recreation Commission

Pat Ureña, Chair
Ricardo Ortega, Vice-Chair
Estelita Castañeda
Yolanda Bernal

Community Services
Director: Sandra Tauler

The Recreation Commission meets the third Wednesday of each month at 5:30 p.m. in the Council Chambers at City Hall 608 Heber Ave. Calexico, CA

SEPTEMBER 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 "Gnomeo & Juliet" @Crummett Park 8:00p.m.	3
4	5 Labor Day City Offices Closed	6	7	8 Carnegie Tech. Center Fundraiser	9	10 Cool Down Festival Downtown Calexico
11	12 Ca. Admission's Day— City Offices Closed	13	14 Special Arts Comm. Mtg. 6:30p.m.	15 Grandparents Day Lunch 11:00-2 pm	16 Mexican Independence Day Celebration	17
18	19 Book Club Mtg. @6:15pm	20	21 Rec. Comm. Mtg. @5:30p.m.	22 Aviation Day @Imperial Airport	23	24
25	26	27	28 Library Board Mtg. @CTC 6:30p.m.	29	30	

OCTOBER 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
						CLOSED	
2	3 Special Arts Comm. Mtg. @CAC	4	5	6	7	8	
	Beatle Fest Art Exhibit @CAC			6	6 Beatle Fest Art Exhibit Reception	7 Movie Night @Crummett Park 8:00 p.m.	8 Beatle Fest @Rodney Auditorium
9	10	11	12	13	14	15	
						CLOSED	
16	17 Book Club Mtg. @6:15pm	18 Senior Health Fair	19 Rec. Comm. Mtg. @City Hall 5:30p.m.	20	21	22	
						CLOSED	
23	24	25	26 Halloween RIF @CML	27 Senior Halloween Dance	28	29	
	30	31					