

Thank you VEP volunteers!

-Marilyn Rodgers

During the month of January, the Executive Board wants to pay special tribute, and to say a special THANK YOU to our many VEP volunteers. As you know, VEP is an all-volunteer organization, and the many projects and work done throughout the year could not be accomplished without your assistance.

This newsletter often highlights the names and pictures of VEP volunteers who have worked on a particular project the previous month. At our January meeting, we will take the opportunity to thank you, our volunteers, one more time.

Come, join us!

A tribute to Captain Jack Farmer

-Dave Fadness

The San Jose City Council has scheduled a tribute to retired Police Captain **Jack Farmer** at their 1:30 p.m. meeting at city hall (200 E. Santa Clara Street) on Tuesday, January 23rd. VEP members are urged to attend, as "Captain Jack" has been a good, long-time friend of our organization.



Captain Jack retired January 10 after a 30-year career, spending four years as commander of SJPD's southern division which serves more than 350,000 San Joseans. Captain Jack and his sergeants often attended VEP and other community association meetings, getting to know us and hearing our concerns first-hand—that's how many of our members got to know

him. We often called on him for help and were never disappointed. He was broadly regarded as a role model for our city's community policing program.

Please attend the city's official tribute to a good friend, fine public servant, and always affable gentleman, Jack Farmer.

Stadium lights at Gunderson?

-Dave Fadness

San Jose Unified School District (SJUSD) is now proposing to install lights for nighttime games and events at the Gunder-

son High School stadium. If approved, the lights will be ready for use when school opens in August 2007.

Gunderson is one of six SJUSD high schools being considered—San Jose High already has stadium lights. The community surrounding each school is being asked for input by way of public meetings. A total of three will be held at Gunderson. The first two were held on December 14 and January 10. The final meeting at Gunderson will be in the Media Center at 6 pm on February 5.

What's being proposed is said to have minimal off-site illumination impacts because new technology lighting is mounted higher (on 80-foot high posts) and directed more vertically downward. The lights at San Jose High are of this type, and the District will schedule a nighttime demonstration for those interested in seeing them first-hand. That demonstration is targeted for mid-February (check SJUSD's website for date and time).



District officials say that night games and events will be limited to ten per year at each school site. However, use of stadium lighting is also being proposed for an unknown number of non-competitive after-school practice sessions. Lighting will be used for school activity only (not for leased or non-school use) and be announced in advance.

Issues being reviewed in the District's initial environmental study include: traffic congestion, noise, litter, parking, photo metrics, and the number and hours of events each year. That work will be done in full compliance with the California Environmental Quality Act (CEQA). As part of the approval process, the District will be required to publicly disclose and mitigate any identified significant adverse impacts.

The February 5 meeting will feature the results of this Initial Study which will be used to determine how the SJUSD Board proceeds through the Environmental Impact Report (EIR) process. If there appear to be major impacts, a full EIR would be needed (a very costly undertaking). If the Initial Study concludes that there are no or less serious impacts, the District could issue a Negative Declaration.

After these community meetings, the Board of Trustees will hold a public hearing to decide whether and/or which schools will get lights. That meeting will likely occur in March. (As soon as we can, VEP will announce the meeting schedule to our members.)

Although we're told that the District has funding for this project, to-date its source has not been disclosed. SJUSD's Superintendent, Don Iglesias assured the Gunderson community that Bond Measure F money will not be used.

VEP recommends that folks who live near Gunderson be sure to attend SJUSD's meetings to gain an in-depth understanding of what's proposed and to make their concerns and feelings of support or opposition known.

Our area's SJUSD Trustee, **Veronica Lewis** can be reached at veronica_lewis@sjusd.org or veronicaglewis@yahoo.com if you have questions. You can write letters to:

San Jose Unified School District Board of Trustees
c/o Don Iglesias, Superintendent
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VEP Community Calendar

Sat, Jan 27 @ 9 am (rain or shine) = Meet at Branham and Narvaez to help VEP plant trees, spread mulch, and complete irrigation work.

Tue, Jan 30 @ 7:30 pm = VEP General Meeting in the Gunderson High School Theater. Agenda: Mayor Chuck Reed; Chynoweth traffic calming design options; Volunteer Recognition; funding for 2007 VEP Community Service Awards.

Mon, Feb 5 @ 7:15 pm = VEP Executive Board meeting in the Vista Park Community Room.

Mon, Feb 12 = Abraham Lincoln's birthday.

Tue, Feb 13 @ 1 pm = Deadline for VEP NEWS articles, Submit articles to DNoel1234@aol.com

Wed, Feb 14 = Valentine's Day.

Mon, Feb 19 = President's Day.

Thu, Feb 22 = George Washington's birthday.

Tue, Feb 23 @ 1:30 pm = Tribute for retired Capt Jack Farmer at city hall (see article: "A Tribute to Captain Jack Farmer")

Tue, Feb 27 @ 7:30 pm = VEP General Meeting in the Vista Park Community Room. (Agenda to be announced.)

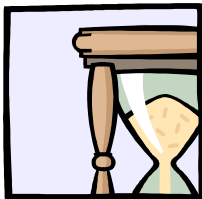
Interested in volunteering a few hours of time?

-Marilyn Rodgers

Have you seen the smiling pictures of volunteers in the VEP newsletter, and thought you would like to volunteer some of your time to VEP?

There are many opportunities to do so. Here are a few...

- 1) Assist in our very active community beautification program which includes planting trees and flowers, pruning, and general landscape cleanup within common areas of VEP.
- 2) Assist with folding, labeling, and preparing our monthly newsletters for mailing to VEP members.
- 3) Assist with VEP flyer distribution for events like our annual VEP Home Faire and Spring Garage Sale.
- 4) Assist with our largest (and lots of fun) annual event, the Memorial Day Parade & Festival.
- 5) Volunteer to serve as an Executive Board Member or Committee Member.
- 6) Write an article for the *VEP NEWS*.



Contact Volunteer Coordinator **Maria Digregorio** at 226-4614, **Dave Fadness**, Beautification Projects Coordinator at 578-6428, or any Board Member for additional information or to volunteer.

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Upcoming Volunteer Events

Unless otherwise specified, be sure to call Maria at 226-4614 to find out specifics and volunteer for these events.

- ✓ Branham-Narvaez Improvement Project: Help VEP volunteers plant trees, spread mulch, and complete irrigation work. Meet at 9 a.m. (rain or shine) on the vacant lot at Branham/Narvaez on Saturday, January 27.
- ✓ Volunteers are needed to plan, organize, and/or participate in our 2007 Memorial Day Parade & Festival. Contact Dave Fadness at 578-6428 if you are willing to help.
- ✓ VEP newsletter preparation and mailing for February.

VEP's Home Improvement Faire

-John Marks, Coordinator

Our 9th Home Improvement Faire is scheduled for Tuesday, March 27th, and this year will repeat a raffle for MONEY. The exhibitors have donated enough for prizes of about \$700. You don't have to buy anything, just come, get a ticket stub, and wait to see if your number is called.

The following contractors and tradesmen will display their products and functions in the Gunderson High School Forum area. Please make a special effort to come and match the effort of these suppliers to be there for you. Exhibitors' services include sunrooms, windows, bathroom remodeling, screens, plumbing, composting, doors, floors, kitchens, roofing, hardware, cooking, body & health care, pest control, photography, water softeners, gardening, painters, garage doors, and landscaping. You won't be disappointed, while you munch on free goodies provided by VEP.

Mark your calendar for Tuesday, March 27, 7:30 pm at Gunderson High School. We look forward to seeing you there.

2007 Memorial Day event: please help

-Dave Fadness

Planning is already well underway for this year's *Memorial Day Parade & Festival* to be held on May 28. With your help, we can make this event bigger and better every year. Your early involvement is encouraged.

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We need volunteers...

- To pick up and return equipment the day before and after.
- To post parade route "NO PARKING" signs the day before.
- To help with set-up the morning of the event.
- To help with food booth duty and event games.
- To help clean-up after the event.
- To find event sponsors and donors.

Having your help taking care of one or two of these details will make this event successful for kids of all ages in our community. Let me know if you or someone you know will add to the fun.



If you or a neighbor have an antique, classic, or hotrod car, have them give me a call if they're interested in showing it off in our parade. If you belong to a service group or other organization, we'd like to

have you there with us—especially if you'd be in costume—anything from square dancing or scouts to...well, you name it. We also need a couple of flatbed trucks to use in our Parade and to move items to and from our Festival site.

Call me at 578-6428 or email me at drfadness@sbcglobal.net if you're willing to help even in a small way with our third-annual Memorial Day event. If you're waiting because you think someone else will step forward, please be aware that, so far, nobody has volunteered. **Nobody.** We *really* need your help.

Above all, please be sure to mark your calendars and plan to attend with your family and friends on Monday, May 28, 2007.

Update: Pearl Avenue Library construction

-Domenic Onorato, Project Manager

This past month, the library building and parking lot area were demolished. The contractor is proceeding with final removal of site underground lines, doing the rough grading, surveying, and establishing the new building's final grade. When that's completed, the new utility lines will be installed, and compaction of the building pad will start. This is expected to be completed by mid-February.



For additional or future information regarding the project or site construction, please contact me at (408) 535-8350 or by

email at domenic.onorato@sanjoseca.gov.

You may also stop by Bogard Construction's on-site trailer and ask for **Frank Church** or **Bill McClain**. They may be better able to address immediate issues or concerns at the project site. The site trailer currently does not have a phone, but they may be contacted by calling their company number, (831) 426-8191.

Hours of operation at the site are 7 am to 7 pm, Monday through Friday (except holidays), but operations typically cease at approximately 5 pm.

Online photos of construction activities will be available this month at www.NewSanJoseLibraries.com.

Pearl Avenue Library awaits *your* help...

-Dave Fadness

The *San Jose Public Library Foundation* is seeking tax-deductible donations to furnish and equip our Pearl Avenue Library. They're asking for broad and generous community support to help buy a range of furnishings, extended collections, computers, and other features that will not be possible without our help.

Donated funds will be carefully managed by the Foundation (not the city) and earmarked for use only at the Pearl Library. A non-profit, the Foundation designates what will be bought, then uses special discounts available to the city to make purchases. In this way, our donations buy what's needed at the best available price.



Please make a tax-deductible investment—small or large—in your Pearl Avenue Library's future. You can even arrange to donate in small, periodic installments. Here is how...

- Donate online at www.sanjoselibraryfoundation.org
- Print a donation form from that website (above).
- Write a check payable to "San Jose Public Library Foundation." Mail it to 150 E. San Fernando Street, San Jose, CA 95112-3580.
- Call or email me and I'll get the form and mailing envelope to you right away (578-6428 or drfadness@sbcglobal.net).

Be sure to specify that your gift is for the Pearl Avenue Branch Library.

This is a chance for you to leave a legacy for future generations to enjoy. Donations of \$100 to \$999 will be acknowledged on the library's *Community Donor Wall*. Gifts of \$1000 or more will be recognized on the library's *Legacy Donor Wall*. Special recognition (naming of rooms or features in the library) will be given for donations of \$5000 or more. Call or email for details.

To help with or learn more about this library funding campaign, call me at (408) 578-6428 (drfadness@sbcglobal.net);

VEP is Working for you

call Mary McLane at (408) 808-2174; or visit The Library Foundation's website at www.sanjoselibraryfoundation.org.

Please help make our Pearl Avenue Library the best that it can be. Donate *today!*



What is Neighborhood Watch?

Neighborhood Watch focuses on informing the community how to discourage, deter, and prevent crimes such as burglary, auto theft, car break-ins, and personal crimes which often occur in or near homes. Issues such as vandalism, graffiti, drug dealing, and gang activity are also addressed when applicable.



The San Jose Police Department's Crime Prevention Unit has provided Neighborhood Watch presentations to neighborhood groups for nearly 25 years. Although crime trends have changed since the 1970s, the basic principle behind Neighborhood Watch remains the same: to bring communities together with the police to achieve the common goal of preventing crime.

How can a meeting be arranged?

To request a Neighborhood Watch meeting, call Crime Prevention at (408) 277-4133. The Crime Prevention Specialist who represents the area in San Jose in which you live will work with you to schedule the meeting date (usually at least three to four weeks notice is required). Invitation notices will be sent to you to distribute to your neighbors.

Neighborhood Watch meetings are held on Monday, Tuesday, Wednesday, or Thursday evenings at 7 p.m. They last approximately two hours. At least ten homes must be represented in order for a meeting to take place. Most meetings are held in your home or at a neighborhood facility.

What happens at the meeting?

Neighborhood Watch provides an opportunity to meet representatives of your police department face-to-face to discuss and work to solve problems in your community, or to keep the problems from starting in the first place.

Through this positive, pro-active program, you will learn facts about:

- Police districts and beats
- Duties of beat officers
- Crime trends in your area
- How to react to suspicious or criminal activity
- How San Jose's 9-1-1 system works
- Recommended security measures
 - Types of locks
 - Lighting
 - Alarms

- Operation Identification--and much more. Only residents attending the meeting will be entitled to a Neighborhood Watch window sign and other materials distributed at the meeting. If 70% of the homes on your block are represented at the meeting, metal Neighborhood Watch signs will be installed on the streetlight poles on your block.

Could this happen to you?

Upon leaving his home one morning, a San Jose man observed a young man sitting in a car across the street. Although he felt suspicious about the stranger, he went on to work. When he returned home that evening, he found his home ransacked and burglarized.



A San Jose woman went to the grocery store one afternoon. She left her sliding patio door slightly open. "I was only gone fifteen minutes", she stated, after returning home to find more than \$2,000 worth of her property missing.

One morning, a young man convinced a 79 year-old woman to allow him into her home to allegedly give her a written estimate on yard work. Once in the house, the man raped the woman.

Several neighbors on a San Jose street noticed that new residents of a nearby home had many, frequent "guests" visiting for short periods of time. There had also been recent auto and home burglaries in the area. Although they suspected drug dealing, they were not sure what to do because they could not prove anything.

These are just a few examples of real-life situations in San Jose which result in the establishment of Neighborhood Watch programs. Don't wait to become a victim--get involved now!

Do you know...

- Most residential burglaries occur during daylight hours?
- Burglars can tell at a glance which homes are easy targets?
- What to do if you see a suspicious person on your street?
- What types of personal attacks can happen to you right in your neighborhood?
- Why personal property which has been engraved with a California driver's license number is less likely to be stolen?
- ◆ That crime rates in Neighborhood Watch communities can be greatly reduced through the simple, common

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sense measures you can learn by attending a Neighborhood Watch meeting?

The San Jose Police Department is eager to work with you to "Take a Bite Out Of Crime." Doing this begins with a meeting and ends with a safer neighborhood.

Call 277-4133 during normal business hours.

Carson Elementary School news

-Betsy Doss, Principal

Last fall's reading program, *Reading is Fun and Rewarding* ended with a December assembly where prizes were awarded to several lucky Carson students who made great improvement in their reading skills. Congratulations!



Starting in January, students will begin another reading program called "Passport to Success". Each student will have a personal "passport" that will be stamped as they reach Accelerated Reading levels represented by the continents on a tour around the world. These reading programs are very motivating for students and stress the importance of reading as necessary life skill. Students will also be studying for a Vocabulary Bee. The finalists will compete on April 24th at 6 pm, right before our Open House.

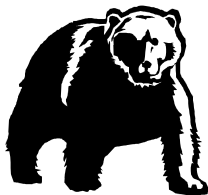
All San Jose Unified fifth grade parents were mailed a "Request for School Assignment" during the week of January 8th. Parents are being asked to list their three choices of middle school on this form and to return it to their child's teacher January 9 through February 14.

Don't forget, Kindergarten registration starts April 2.

Carson will continue to have a pre-school next school year. This pre-school is run by Metropolitan Education. More details will be available in February's newsletter.

Gunderson High School happenings

-Cary Catching, Principal



For those of you who travel along Gaundabert Lane, you have noticed the steady progress of our new 15 classroom building. It is almost complete. Teachers are slated to move in over the Winter Break in February. We are all very excited about this improvement to our school.

In conjunction with the San Jose Unified School District, Gunderson has been exploring the possibility of having lights installed in our football stadium. To this end, we have hosted two community meetings (one in December and one in January) to hear from parents, students, faculty, staff and community members their thoughts on this project. Many people expressed the positive benefits stadium lights would bring to the school (i.e. increased school pride and spirit, more field availability for weekend use by the community, less impact to students with regard to academics and studying, etc.)

In addition, like other schools in our district, concerns with traffic, noise, and the number of evening events have been expressed. Both our school and the district have plans in place to mitigate these issues. There will be one final community meeting on Monday, February 5 at 6 p.m. in the Gunder-

son Media Center. We invite you to join us.

Finally, a pleasant reminder to our neighbors... The Gunderson property does not include a dog park. Many of our athletes and coaches (especially those who play soccer) have noticed an increased amount of animal waste on the fields. Dogs, leashed or unleashed, are not allowed on the facility. If you decide to bring your dog on campus despite this rule, please be courteous enough to clean up after Fido. The students appreciate it!

San Jose District 10 news

-Councilwoman Nancy Pyle

I wish each of you a happy New Year! I am confident that 2007 will be a great year for the residents of District 10.

While serving as co-chair of the *Coyote Valley Task Force* in 2006, I worked hard to protect District 10 from possible negative impacts caused by possible Coyote development. For example, in December a project came to council which would have led to development in the South Almaden Urban Reserve (SAVUR).

I authored a memo which recommended denial of that development proposal, and also asked our planning department to conduct a growth assessment of the SAVUR. My goal is to have this information available for use by the council in determining whether new restraints are needed to more effectively protect environmental resources, open space, and our residents' quality of life.

I am pleased to be working with Mayor **Chuck Reed** to ensure that we maintain the priorities and precedents important to District 10 residents. His commitment to the needs and desires of this city and its residents are obvious and I look forward to a strong working relationship with him and his staff.



Mayor Reed appointed me to chair the council's Community & Economic Development Committee. This committee's job is to manage the growth and change of our city in order to encourage a strong economy while maintaining healthy neighborhoods.

I have also been assigned to the following committees:

- Neighborhood Services & Education

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Turn on your car headlights *whenever* you use your windshield wipers while driving--for rain, mist, or fog. It's safer, and it is *required* by LAW!

Gardening tips

-John Marks

~ Dumping leaves in your garden ~

Those leaves that you pile into your garden hoping for lazy man's composting to occur won't cut it. A lot of nitrogen is lost when raw organic matter lays on top of soil or is tilled into it.



Bacteria that do decomposing use up lots of nitrogen when they work, leaving little for plants. That is why leaves should be composted BEFORE they are added to the soil.

Though the addition of organic matter is commendable, you have to supplement the soil with nitrogen when using undecomposed matter such as leaves.

Use sulfate of ammonia every other month at the rate of five pounds per thousand square feet and water it in immediately afterward. This high-nitrogen fertilizer will help your vegetables thrive by offsetting the loss of nitrogen used up by the bacteria. You'll like the price, too (\$3 per 20-lb bag) and the ease of application. It's available at OSH and nurseries.

~ Turning over weeds ~

Some people think the easiest way to assassinate a bed of weeds is to turn the soil over. You're just sowing weed seeds for the future. When tilling the soil, you will turn up weed seeds that have been dormant in the soil since your grandmother did the same thing. They sprout when exposed to light and moisture.

Pre-emergent herbicides are the real answer. When applied to the soil surface after removing all the weeds, the chemicals provide a layer that kills the emerging sprouts of nearly all weeds. Pre-emergents are easy to spread but, to ensure complete control, must be done before summer or winter weeds sprout.

Products called *Preen*, *Amaze*, and *Preclude* are sold locally. Applying twice yearly, February and August-September means no more tilling and no more weeds!

(The above items were extracted from the 1/10/03 Mercury-News.)

~ Coffee grounds good for plants? ~

As I have stated before, composting your used coffee grounds, or adding them around plants directly is helpful to plants. You can also get a 10-pound bag of grounds from Starbucks and put them around plants like pumpkins, tomatoes, and peppers this spring.

Coffee grounds are slightly acidic, which helps lower the soil's pH, making it easier for plants to grow and get nutrients from it. This should be done in moderation, however, because it takes a long time for coffee grounds to deteriorate. Mix them with other organic materials and use as a mulch.

~ Watering toe ~

To make a great water bubbler for watering your vegetable or flower garden, place one old sock inside another old sock, and then place a piece of brick in the toe. Now wire the socks to the end of a garden hose, and use it in your garden.

~ More watering ~

Bury cans, with both ends removed, between your veggies; fill the cans with little rocks. Water directly into the cans, and the water will run through to the roots.

~ Quick garden mulch ~

Yesterday's news makes an excellent garden mulch. Put down up to three alternating layers of single newspaper sheets and then lay three inches of grass clippings over the top. This is a great project for the winter.

~ House Plant Mulch ~

a layer of granulated charcoal on top of potting soil in your house plants filters out any unwanted additives in the water.

~ Homemade hothouse ~

To keep your house plants happy and healthy while you're away on vacation, keep them in a hothouse made by loosely draping a plastic dry cleaning bag over a coat hanger frame. This will retain soil moisture for up to two weeks.

~ To-do list ~

[Taken from the January 6, 2007 San Jose Mercury News.] Prune roses, fruit trees, berries and grapes. Apply dormant spray to deciduous trees and shrubs if aphids, scale, or whiteflies have been a problem in previous seasons. Apply tri-basic copper sulfate or lime sulfur for peach leaf curl now into mid-February. Sign up to be a Master Com poster volunteer. Classes run through March 14. Visit www.reducewaste.org or call (408) 918-4640. The "Joy of Gardening: Back to Basics and Beyond" series of classes taught by Master Gardeners starts January 23. Call (408) 282-3105 or visit www.mastergardeners.org.



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**DO NOT
 TOP TREES**

DO NOT TOP TREES: Topping trees is very harmful to proper tree growth and appearance. When a tree is topped, it is shocked into producing fast growth to the sides of the topped branches. The new growth will look very unnatural as it matures over time, and will also be weaker than normal growth. For full details, see your April 2006 VEP News (available at www.vepca.org).

Home maintenance

~ January ~

TOP JOB: Clean rain gutters. Leaves and other debris will hamper drainage and might promote rusting and roof damage. Make sure that water flowing from downspouts is draining away from the foundation. Compost the leaves.



ALSO: Inspect crawl space after rain for accumulation of water, as well as for indications of water damage on the sub-floor and joists beneath bathrooms, kitchen, and laundry. Look for signs of

pest or dry-rot damage. Do not block perimeter wall vents to a crawl space in winter.

~ February ~

TOP JOB: Using binoculars, inspect roof from the ground (walking on a damp or wet roof can be dangerous). Look for loose, missing, or damaged roofing materials. Repair any damage. If you have access to the underside of the roof, check during a heavy rain for leaks.

ALSO: Clean condenser coils or fins beneath or behind the refrigerator according to the manufacturer's instructions. Make certain air flow around the appliance is adequate.

Trim branches around your roof line to keep squirrels and other pesky animals off the roof. Inspect all vents, repair as needed and remove any debris blocking airflow.

~ Each month ~

- ✓ Test and inspect smoke, heat, and gas detectors.
- ✓ Check fire extinguishers. Replace or service as needed.
- ✓ Check to be certain nothing flammable is near a source of flame, such as a water heater pilot light, gas range, furnace, etc.
- ✓ Practice your family fire-escape plan and review earthquake preparedness. Inspect electrical cords for damage. Repair or replace if needed.
- ✓ Check the operation of all electrical circuit breakers by turning each off and on. Do the same with ground fault circuit interrupters, usually found in bathroom, kitchen, garage, and outdoor outlets. Replace those not working properly.
- ✓ Always be alert for other safety hazards, such as cracked walkways, hazardous materials that aren't properly stored, or unsecured heavy bookcases or other furniture that could topple during an earthquake.
- ✓ Check water softener. Add salt if needed.
- ✓ Clean garbage disposal by grinding up two trays of ice cubes made from a mixture of 1 cup white vinegar in 1 gallon of water. (Be certain to use the disposer cap when grinding.) For a pleasant smell, follow the cleaning by grinding a lemon.

[Ed. Note: This is the first of a monthly series of reprints, all taken from "Home Maintenance Calendar 2007" which appeared in the December 30, 2006 San Jose Mercury-News.]

VEP salutes Captain Jack Farmer

- Dave Noel

At our November 28th General Meeting, VEP President Marilyn Rodgers presented Captain Jack Farmer a plaque in recognition for all he has done for VEP over the years. To name just a few ways that Captain Jack has helped VEP recently:

- Helped VEP in setting our Memorial Day parade route and

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getting SJPD's special forces to participate.

- Worked with VEP and Gunderson High School to improve traffic and parking conditions during daily drop-off and pick-up.
- Worked with VEP and many others in responding to recent serious accidents on Chynoweth Avenue. He even personally visited the victim of the most serious accident in the hospital.

In short, Captain Jack could make things happen, and he always did so with a smile. We are sad to see him retire, and look forward to working with his successor.



Captain Farmer and VEP President Marilyn Rodgers

New Year's resolutions?

-Marilyn Rodgers

Happy New Year! Most people start the New Year with one or more resolutions: To lose weight, get more exercise, reduce the amount of stress in your life, reduce the amount of clutter.

How about getting more sleep and rest? Are you getting enough sleep? The answer, researchers tell us, is a resounding **no**. Most Americans today only get 5- to 6-hours per night. A mounting pile of research says that all of us need a minimum of 8 hours--more is better.



So why aren't we getting enough sleep? We all lead very



busy lives, with many demands on our time. With all of our electronic devices, we increasingly “multitask” to the point of taking voicemails and e-mails even in bed! If you aren’t getting enough sleep, or are unable to get a good night’s sleep, Wellness Coach and Author of “Stress and Sleep”, Michael Braus says the following suggestions may help.

~ Sleep ~

Set a goal to have 8 hours of sleep each night, every night (weekdays and weekends). Go to bed and get up at the same time every day. Enough sleep gives you more energy, helps you to have a positive attitude, which helps you to accomplish more.

Sleep in a cool environment – 65 to 70 degrees is best.

~ Before going to bed ~

Avoid eating three hours before sleep. Avoid alcohol, tobacco and caffeine--these can increase anxiety. Hide or cover illuminated clocks (prevents clock watching while trying to go to sleep).

~ Allergies and sensitivities ~

Get in tune with how your body responds to caffeine and make adjustments. Some people can drink three cups just before bed, others will stay awake with one cup, three hours before bed. Look at your pillows, sheets, detergents, pets in bed, dust, mold, perfumes, air fresheners--all of these can and may prevent a good night’s sleep.

~ Bedding ~

If your pillow is flat, stained, or has an odor, it is time to replace it. Rotate your mattress at least once per year. If it is more than seven years old, you probably need a new one.

~ Once in bed ~

If you have trouble falling asleep, use a white noise machine or CD that is soothing. Ceiling or stand-alone fans can provide a constant hum that can be sleep friendly. Sleep in a dark room with no lights. Cover your windows from all outside light; use heavy drapes if necessary. These also act as sound barriers.

~ Relax before going to bed ~

Stress not only makes you miserable, it wrecks havoc on sleep. Develop a pre-sleep ritual; for instance, try reading that is amusing or of special interest to you. Light stretching or a hot bath also helps break the connection between the day’s stress and bedtime.

~ What not to do ~

Do not have high wattage lights in the bedroom (turn down

the lights 30 minutes prior to bedtime). Do not use your bedroom as a substitute office--no electronics, desktop computers, laptops, cell phones, palms or blackberries--especially not on the bed!

~ Naps ~

20-minute to 2-hour naps during the day can also help (if you are able to nap). Naps lasting more than three hours, however, will cause problems sleeping through the night.

Here’s to more ZZZs in 2007!

Long-term care insurance

- Dave Noel

At our May 2006 general meeting, members approved a proposal for VEP to co-sponsor a group discount for long term care insurance, with no cost to the membership, and no sharing of personal contact information to the sponsoring insurance agency. Since then, several long-term care presentations were scheduled, but attendance was very low.

To date, a small number of VEP members have applied for this insurance, but not enough to qualify for the 5% group discount.

If you, a family member (including parents), or friend is interested in learning more about long term care insurance, please contact **Steve Gregerson**, CFP, as soon as possible at (800) 972-2880 or steve.gregerson@thrivent.com.

Once we have five approved applications, the group discount will be available for all VEP members and their families. Even if your friends live outside our traditional membership area, they may join VEP and take advantage of the savings, which can be much more than the cost of VEP membership.

Neighborhood scuttlebutt

-Dave Fadness

Branham Lane widening project: The city is still working with the county on a right-of-way transfer agreement. Not at odds over large issues, the ongoing delay is mostly due to working through options in dealing with some restrictions on the funding that the city is committing towards Martial Cottle Park. In the meantime, San Jose’s Department of Transportation design team is ready to begin preliminary engineering work, so they’re asking the county to clear the way by doing the necessary surveying.



If you are interested in joining VEP’s Branham Widening Committee, call me at 578-6428. Meetings with city staff will resume soon after the land transfer deal is formally approved.

Median island landscaping on Vistapark Drive: VEP has been working for more than a year to get the landscaping completed on Vistapark Drive, just north of Capitol Expressway. Trees were planted there, but the cobblestone treatment used on adjacent median islands to the north was never completed on this short segment. We suspect someone forgot to require whoever planted the trees to finish this job.

San Jose’s Department of Public Works worked out two cost estimates for adding additional decorative materials to the



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median island. The first option to install cobblestones would cost approximately \$25,500 (\$13 per square foot). The second option to install decorative gravel would cost approximately \$9,100 (labor and material).

We're told that there is no funding source available at this time to construct either of these two options. Until a funding source is identified, the job cannot be finished.

Chynoweth Avenue traffic calming: City of San Jose's DOT collected traffic data in October that indicates the speed display signs have been effective in reducing speeds along Chynoweth during hours when students are traveling to and from school, as well as throughout the day.

Average speeds were reduced about 1- to 4-mph. The greatest reduction occurred in the eastbound direction on the segment west of Route 87, where average speeds dropped to 38mph overall and to 34mph during school hours. (The speed limit there is still 35mph during school hours.)



In addition, the percentage of motorists traveling at 10mph or more above the posted speed limit dropped substantially along this stretch. Traffic data did show a few cars traveling in excess of 60mph, as was the case before the signs went in. Before they were installed, 10% of motorists there were traveling at 45 mph and above. With the signs, the percentage is now down to about 3.5%.

In front of Gunderson High School, motorists were traveling slower throughout the day before the signs were installed, so their impact is less pronounced. However, after installation, there was an overall reduction of 1 mph in average eastbound speeds, dropping to under 33mph overall and to 30mph during school hours.

Speed display signs are not used 24/7 anywhere else in San Jose. Hopefully motorists will continue to pay attention to them on Chynoweth. Although there's no way to guarantee against crashes on Chynoweth, reduced speeds will hopefully lessen their severity.

Per VEP's request last autumn, the city has prepared drawings that show the layout of a potential restriping of Chynoweth to a two-lane roadway with a bike lane.

Given the positive results of the radar signs, city traffic engineers now feel that making additional changes at this time may not be necessary. They're saying that a reduction to two-lanes may not contribute to an appreciable improvement in traffic conditions on Chynoweth Avenue.

High-density development at Capitol-Narvaez

-Dave Fadness

VTA's effort to select a developer for its 8.9-acre Capitol-Narvaez park-n-ride lot was temporarily derailed on December 14. On a split vote, the VTA Board of Directors approved County Supervisor **Don Gage's** motion to reject bids, refine the bid selection criterion, then and go back out for a second round of bidding. No schedule was set for this process.

High-density housing and retail uses are envisioned for the entire park-n-ride lot south of Capitol Expressway and the adjacent 2-acre county-owned parcel immediately south of it. Housing units will likely be a mix of multi-storied rental apart-

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ments and owner-occupied condominiums. Retail stores would provide convenience shopping for residents and transit users.

All that will remain for those who drive to this transit station is the small parking lot on the north side of Capitol.

VEP voiced its concerns about the impacts on traffic congestion and safety at that site. In particular, the ramp meter on the northbound Route 87 approach on Narvaez is a traffic nightmare every workday morning, often causing dangerous back-ups onto Capitol Expressway. Extensive nearby development in recent years has made that situation worse. At this time, there is no plan for traffic improvements.

On the plus side, this proposed project has allowed us to draw the attention of our city and county representatives to the need for a solution to this problem. Importantly, by delaying the selection of a developer, VTA has unwittingly bought us some time to lobby for action.



VTA has already commissioned a traffic study whose results we're eagerly awaiting. Councilwoman **Nancy Pyle** is working on having the city reevaluate its erroneous level-of-service rating at the Narvaez approach to Route 87, a vital first-step.

VEP has also lobbied to have a neighborhood park built on Narvaez at Bridget Drive for many years. The nearest park is too far for most kids to walk. We'd like to have VTA and the city add that park as a condition of approval on any new development on the park-n-ride lot.

Most importantly, though, VEP wants a plan and secure funding for a solution to the northbound Route 87 freeway approach problem on Narvaez Avenue.

VEP electronic communications

- Dave Noel

For more than 37 years, perhaps the greatest VEP member benefit has continued to be a subscription to our monthly newsletter. Clearly, communications are important to our membership and, in recent years, we've informally added new methods of communications--most notably our website and emails.

It's time to take our electronic communications to the next

level. To this end, in November VEP formed an **Electronic Communications Committee**. Committee members are: **Marilyn Rodgers, Adina Pierce, Don Ferguson, Dave Noel, Jim Hicks, Jeri Arstingstall, and Mark Schoenberg.**

Our committee met on December 3rd and embarked on several new initiatives:



We will advance a formal proposal to VEP members to elevate the VEP webmaster position an elected, voting position on the VEP executive board titled *Electronic Communications Director*. **Adina Pierce** volunteered to serve as our first ECD.

Just as with our newsletter editor, it's important that our ECD attends VEP's monthly executive board meetings, which Adina has already begun to do. VEP thanks **Mark Schoenberg** for serving as our most recent webmaster and setting up our current website. Mark will continue to support Adina.

The committee voted to request that the executive board approve a \$200 annual budget for the committee. (Our executive board later approved this budget at its January 8th meeting.)

The committee voted to transition to a new more powerful web hosting service.

Adina proposed and has since implemented a new more-automated method of sending emails to our members. We call those emails "president's messages", though you may have heard us use the nickname "disty".

After we transition to our new web hosting service, we plan to launch a new easier-to-join e-list that will allow members to communicate with each other in virtual group discussions via email. Subjects could range from contractor recommendations, to lost dog notices, to neighborhood security issues, and much more. Don't worry; this will be an opt-in service, so you won't receive the extra email traffic unless you want it.

The committee will consider implementing forums on our website. You may have seen these discussion boards on other websites.

Over half of VEP's members have provided us their email addresses. Have you? (If not, please do.) Having your email address allows us to provide reminders of upcoming meetings and notices for any important community events that may arise between newsletter publication deadlines. Remember that, over the summer and in December, email is our primary method of member communication.

If you're interested in joining this committee, contact me at DNoel1234@aol.com.

Potholes have you in a rut?

-Dave Fadness

A recent survey disclosed the fact that San Jose streets and roads are in the worst condition of all U.S. cities studied. That came as no surprise to VEP members. Our streets have crumbled noticeably in recent years and it seems like nothing is being done to correct it.

If anything, the schedule for periodic maintenance is being stretched on the city's 2,260 miles of streets, adding more years between cost-effective surface repairs that prolong pavement life. The result will be disastrous; deferred maintenance will mean that many streets and roads will fail prematurely, then need to be torn up and reconstructed. Reconstruction is very expensive and money seems always to be in

short supply.

The costs of delaying maintenance are borne by taxpayers in more ways than one. Beyond street repair and reconstruction, we also pay on an ongoing basis to repair our cars. Shock absorbers, tires and wheels, front-end alignments, and other auto suspension repairs caused by bad pavement conditions can be very expensive. We also pay in time spent getting those repairs done.



What can we do? First, promptly report any problems you encounter. If those in charge don't know about a problem, you can bet it won't get fixed. Don't assume they already know about it or that someone else will call. The squeaky wheel principle applies: drawing more attention to a given problem increases the likelihood that action will be taken to correct it.

If there's a pothole or failing street surface in your neighborhood let the city know by calling Central Dispatch at (408) 277-4373 during regular work hours. You can also call the city's customer center anytime day or night at (408) 535-3500. Be ready to identify the address or location of the problem.

According to their website, San Jose has two city-wide pothole patch crews that respond to priority complaints within the next day after they are received. These crews are radio dispatched and carry cell phones.

If the problem is on a county road or expressway, call County Roads at (408) 494-2750. For freeways or state highways, call Caltrans at (408) 436-0930.



Second, after you've called in the problem, let VEP know about it by calling or emailing me or anyone listed on the mailing page of this newsletter. We'll compile a list and submit it to the department and elected representative(s) of the appropriate jurisdiction.

Finally, if your car is damaged as a result of hitting a pothole, file a damage claim against the agency (city, county, etc.) that's responsible for the street or road. Please note, however, as reported in Dennis Rockstroh's November 5 Mercury-News *Action Line* column, "Jurisdictions are not responsible for damage caused by lack of road repair unless the pothole or other damage had been reported to the [responsible agency]."



Wesley W. Terrell

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Obviously, calling to report a street repair need is important, both to get the problem fixed and to get help fixing your car if it's not.

VEP's November general meeting

- Jim Hicks, VEP Secretary

To begin the evening's program, VEP President **Marilyn Rodgers** introduced **Kim Gaddis**, SJPD Crime Prevention Specialist, who discussed the city's Neighborhood Crime Prevention Program. It began in the 60s, focusing on neighborhood crime prevention and safety issues. (See article elsewhere in this newsletter or go to www.sjpd.org and click on "Neighborhood Watch" under the "Community Services" link.)



► **Crime Stoppers' Ben Angeleris** discussed his program, which rewards individuals who call to give tips that lead to an arrest and a conviction of criminals. Callers are kept anonymous and get rewards of up to \$1,000. In Silicon Valley, 97% of all tips have resulted in convictions.

Crime Stoppers is staffed solely by volunteers. This program exists in fifteen counties and 1,200 cities in the U.S. Billboard campaigns and private donations are the primary sources of funds; all donated funds go to rewards for crime solving tips.

► Our meeting room was filled with many police officers, there to help us honor Police Captain **Jack Farmer** who retired early this year. He was given a plaque by VEP, expressing our sincere appreciation for all the contributions and support he and his department has provided the VEP community over the years. Captain Jack made a very impressive acceptance speech and many photos were taken to commemorate the event. He will be missed by all of us.

► San Jose City Council Member **Nancy Pyle**, and County Supervisor **Don Gage**, VTA Board Chairperson, gave a brief presentation of the status of various city and VTA issues/concerns.

Ms. Pyle announced that the city council will on December 12th vote on the right-of-way land acquisition for widening Branham Lane.

Both Ms. Pyle and Mr. Gage discussed VTA's housing and retail development proposal for the park-n-ride lot at the southwest corner of Narvaez and Capitol Expressway. One community concern is an error in the current traffic Level of Service (LOS) rating, which has Capitol/Narvaez rated as LOS "B" (on a scale of "A" to "F"). Traffic there is gridlocked every weekday morning. Ms. Pyle will initiate a recount of the traffic in the immediate area to determine a more appropriate LOS rating. This is being done to more fairly assess the impacts the proposed VTA project will have on traffic.



Mr. Gage expressed concerns over the proposed density of VTA's development proposal and his desire to choose a local developer for the project. Additionally, he was concerned that the VTA staff had made the developer selection, not the VTA Board. Gage also expressed concern over the fact that VTA staff did not notify the VEP community about this proposal.

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Gage said he would offer a motion at VTA's meeting on De-

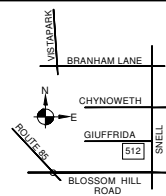
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ember 14th to begin the developer selection process anew. This delay will allow time for necessary traffic studies, refinement of VTA's developer selection criterion, and an improved public notification process.

► San Jose Unified School District Board Member **Veronica Lewis** gave a brief presentation on the proposed installation of stadium lights at Gunderson High School. A series of community meetings were announced (see article in this newsletter).

► **Dave Fadness** announced that VEP has been granted a \$1959 *San Jose Beautiful* grant for landscaping the vacant lot at the corner of Narvaez and Branham Lane. Our City Forest will donate thirty-three trees, Browning-Ferris Industries will donate 162 cubic yards of mulch, and we'll use the grant money to install an irrigation system. Two volunteer workdays have been scheduled for this work: Saturday, January 20th and Saturday, January 27th.



► The city will proceed with another traffic monitoring effort on Chynoweth Avenue. An update on traffic calming there is scheduled for VEP's January meeting.

► VEP business consisted of voting on a motion to allocate an amount not to exceed \$500 for the VEP Executive Board's annual dinner. That motion was approved by members present.

► Our meeting ended after reminders for community donations to the Decker Christmas Tree Fund and to the Pearl Avenue Library Fund.

Assistant editor needed

-Dave Fadness

If you have a knack for writing, please step forward to help with an important job for VEP. We need a person who can fill in on those occasions when I'm away on travel. (I'd even step aside if you want the job!)

We have an excellent and diverse flow of articles each month from many contributors. Some editing is typically required—shortening articles, repairing grammar and spelling, ferreting meaning from tangled sentences, etc. You need not be an expert at Grammar.



Our editor also uses common sense in avoiding commercial pitches and deciding what will be of general interest to our readers. Most of our contributors understand and write for our audience, so it's rare that we refuse to print an article.

Most articles are submitted in WORD format. Almost all are emailed to us now, so keyboarding skill isn't as much an issue as it once was. You will need to have email access. The majority of VEP execs use PCs, so it would be best that whoever takes this on be a PC user, too.

We use Microsoft *Publisher* for our newsletter paste-ups. It's very easy to learn and use, so experience is not required. VEP supplies the software. and I will provide training if you need it.

The newsletter format and ads are all set up, waiting for text to be poured in each month. In all, it's a fair amount of work, but very satisfying. We get many compliments on the content and quality of the *NEWS*.

Call me at 578-6428 if you have questions about or an interest in helping. I'd appreciate hearing from you.

Attention shoppers!

- Dave Noel

When shopping, stay aware of any personal belongings you keep in your shopping cart. Over the holiday season, shoppers at a local large retail store reported having their wallets stolen from inside their purses when they briefly turned away from their shopping carts.



When you purchase gift cards, you may want to buy cards that are stored behind the counter instead of those out in plain sight. Crooks can write down a card's number, and then later check if that card has been activated by an unsuspecting buyer. At that point they can make purchases from the store's web site using the card number.

If the card has a PIN number with a scratch-off covering, make sure that the card hasn't been tampered with.

Street light not working?

-Dave Fadness

If you know of a city street light that's not working, here's how to get it repaired...



First, make a note of the number painted at about eye-level on the street light pole. Also make a note of the nearest street address or street name(s) where the defective light is located.

Then call the City of San Jose Street Light Maintenance Desk at (408) 277-5517. In addition to the pole number and location, they will want your name and phone number, the date and time of your call, and whether you want a call-back.

You can also report broken streetlights by email or fax. Visit www.sanjoseca.gov/transportation/s_streetlights.htm for more information.

If it's a routine repair or lamp replacement, the city estimates no more than seven days to repair it. More complicated re-

VEP, truly a friend in need!

pairs typically require no more than two weeks. My recent experience with street light replacement was very good—it only took a couple of days after my call.

Street lights are important for pedestrian and motorist safety and for deterring crime. Do your part: promptly report street lights that are not working.

Gone phishing

- Dave Noel

Phishing is the term used to describe sneaky ways crooks try to get you to reveal personal information via the internet or phone so that they can access your bank account and so on. A few recent scams involve persons pretending to be from the IRS (bogus tax refund), Social Security Administration (bogus cost of living increase), or the local courthouse (bogus jury duty).



Just remember a simple rule: *never* give out your personal information to someone who contacts you. Only give your information to people *you* contact and trust.

Never use hyperlinks in emails you receive to access bank accounts, ebay accounts, and so on. Instead, open a new browser window, then go to the institution's official website, or call the institution by phone.

Don't keep your social security card in your wallet, and be very wary of giving your social security number to anyone.



How many of you have fallen for this one: Click here to view an e-card from a friend, now enter your email address and password. Guess what, no e-card. But pretty soon someone might start using your email account to send spam, so be sure to change your password immediately if you get fooled into giving it to a "phisherman".

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Note: none of the following information will be shared with any third party.

**** Please type or print legibly ****

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Telephone # _____

Email address(es): _____

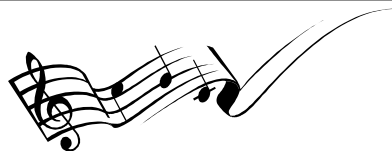
Comments): _____

Can you give VEP a few volunteer hours? _____

I am willing to volunteer for: Beautification/clean-up projects VEP News/ mailing prep Memorial Day Parade & Festival Distribute flyers Serve on a committee
Serve as a VEP officer or committee chair Other _____

Comments: _____

Mail your \$20 check to VEP, P.O. Box 18111, San Jose 95158. Thank you!



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Reserving the Vista Park community room

- Dave Noel

As of January 2006, these were the fees for reserving the new "Vista Park Neighborhood Center." Contact **Brandon Kwock** at (408) 268-1133 or brandon.kwock@sanjoseca.gov to reserve the room and to be sure these rates are still current.

Fees summary:

Hourly Rates (two hour minimum):

- Resident = \$60
- Non Resident = \$95

Application Fees:

- Resident = \$50
- Non Resident = \$100

Package Rate for 7 hours (application fee included):

- Resident = \$420
- Non Resident = \$665

Cleaning and Damage Deposit = \$250



Work on the Lester Property

-Dave Fadness

In case you're wondering, the work that was being done on the Lester property (Marial-Cottle Park) was repair of underground sewer lines along what was to have been the Vistapark Drive-Cahalan Avenue right-of-way.

Sorry to report, it was not park related construction.

Gunderson High School Theatre Program
proudly presents



William Shakespeare's

A Midsummer Night's Dream

May 17, 18 & 19, 2007

7:30 pm
\$5 adults / \$3 students & children



ONE ACT PLAY FESTIVAL

All GHS Drama students perform in an evening of one act plays.

MAY 31, 2007

7:30pm

\$5 GENERAL ADMISSION

FOR MORE INFORMATION about the GHS Theatre Program

or to see how you can help, log on to:

<http://gunderson.sjsud.org/%7Edrama/index.html>

<http://gunderson.sjsud.org/%7ebuttrill/>

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Bulletin Board Ads

HOUSE JACKS: 32 foundation screw jacks for Arcadia single-story homes. New (never used). \$300 for all. Call Jan @ (408) 832-3672.

HANDY-MAN: Mr. Fix-it will repair leaks, sticking doors, locks, latches, lights, and life's little ills. No job is too small. Call John @ (408) 629-6433.

Use the following form as a guide for submitting an ad:

NAME: _____

PHONE# _____

AD WORDING: _____

The VEP Executive Board reserves exclusive right to re-fuse any ad for any reason. VEP does not certify nor is it responsible in any way for the claims, goods, or services of any advertisers.

Bulletin Board advertising rules:

1. Bulletin Board ads are limited to four (4) lines of text. One line contains 50 characters, including spaces.
2. VEP will print free Bulletin Board ads for its members for one-time transactions involving less than \$400, for lost and found, and for services offered by kids under 18 or retirees over 60 years of age. Free ads may be published in a maximum of three successive issues of the VEP News per submission. After three issues, non-renewed ads will be dropped without notice.
3. VEP will print commercial Bulletin Board ads for its members for \$6 per issue of the VEP News. (A commercial ad is one that offers goods and/or services for a fee. The VEP President and/or Editor has final say in determining whether an ad is commercial.) Ads must be prepaid before publication and be of four (4) lines or less in length (see 1, above). Commercial bulletin board ads may be published indefinitely so long as payment is received in advance of publication. Non-renewed ads will be dropped without notice. No graphics al-

lowed.

4. Bulletin board ads and payment must be received at least 12 days prior to the fourth Tuesday of the month for inclusion in that month's newsletter. Mail to: VEP, P.O. Box 18111, San Jose, 95158.

News you can use...

These interesting and worthwhile programs are available to the public. Be sure to check specifics and schedule changes.

~ Estate Planning Basics ~

Wednesday, January 24

10:30 - 11:30 a.m.

Room 11

Willows Senior Center

2175 Lincoln Avenue, San Jose

(408) 448-6400

Learn about the benefits of having a living trust and advance directives--why have one?

Question and answer session.

Speaker: Margaret Demorest, volunteer attorney with Senior Adult Legal Assistance (S.A.L.A.)

~ Open Gym and Fitness Program ~

Almaden Community Center

6445 Camden Avenue, San Jose

Youth Only (Ages 8-17):

Monday - Friday Open Gym/Various Games 3 pm to 5 pm.

Cost per session: Free

Seniors Only (Ages 60+):

Monday - Friday Fitness Room 9:30 am to 11:30am

Cost per session:

Daily Pass = \$1.50

Monthly Pass = \$12.00

Adults/Seniors/Disabled or Youth (ages 14-17 with ID):

Tuesdays Fitness Room/Badminton 5 pm to 8 pm

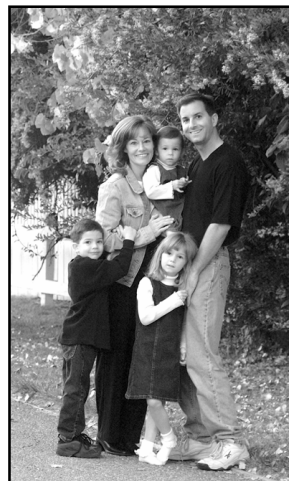
Thursdays Fitness Room/Basketball 5 pm to 8 pm

Saturdays Fitness Room/Basketball 9 am to 1 pm

Cost per session:

Daily Pass, Adults = \$3; Seniors/Disabled/ Youth = \$1.50

Monthly Pass, Adults = \$24; Seniors/Disabled/ Youth = \$12



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Weddings and Special Events



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~ Almaden Library Homework Center ~

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~ Get "Back on Track to Success" ~

A Community-Based Mentoring Program
Rehabilitation Research Center
751 Bascom Avenue, San Jose

Thinking about your Future, Education, or Career? Are you motivated and would you like to be matched with a mentor who may have similar personal experiences as you, or can offer support while you work toward your goals? SCVMC is inviting youth and young adults in your community to participate.

Are you interested?

- You must be 16 - 26 years of age with TBI, SCI or another disability.
- You must be interested in getting a job or going to college.
- Mentoring relationships are expected to last about one year.
- Program is free to all participants, including program related assistance from the program Vocational Counselor and Rehabilitation Psychologist.

For more information, contact Robert Medel at (408) 885-2397 or robert.medel@hhs.co.santa-clara.ca.us.

~ Project HIRED ~

1270 Franklin Square, Santa Clara
Jump start the New Year and your Career!

Recruitment Day: on Thursday, January 25, 2007, 10 am – 1 pm, Project HIRED is seeking persons with disabilities including those with mobility, hard of hearing/deaf, spinal cord injuries, work-related injuries, chronic illness, mental health, and learning limitations.

Project HIRED is seeking Talented Job Seekers with the following Experience:

Technical
Administrative Assistant
Clerical/Receptionist
Customer Service Representative
Medical
Human Resources
Accounting/Finance
Marketing/Project Management

Get job leads! Don't miss this opportunity. Dress for success and bring your resume to Project Hired. Call (408) 557-0880 or visit www.projecthired.org.

~ ALMADEN SENIOR PROGRAM ~

Almaden Community Center
6445 Camden Avenue, San Jose
(408) 268-1133

Monday – Friday, 8:30 a.m. to 5 pm

(Call ahead if you need assistance from a staff person.)

NUTRITION: Lunch is served Monday through Friday at noon. Menu items change daily and are listed on the calendar

Pearl Avenue Library

Needs your support...

Make a tax-deductible investment (small or large) in your own branch library's future. You can even arrange to donate in small, periodic installments. Here is how...

★ **Donate online at www.sanjoselibraryfoundation.org.**

★ **Print donation form from www.sanjoselibraryfoundation.org.**

★ **Write a check payable to "San Jose Public Library Foundation." Mail it to 150 E. San Fernando Street, San Jose, CA 95112-3580.**

★ **Call or email Dave Fadness to get a donation form and mailing envelope (578-6428 or drfadness@sbcglobal.net).**

Be sure to specify that your gift is for the Pearl Avenue Branch Library.

in the center of the brochure. Reservations are required 24 hours in advance.

WEBSITE: Check our website at www.almadenseniors.org

MEMBERSHIP: Not a member of our senior program yet? Now is the perfect time to sign-up. In addition to the great feeling you get from supporting our program, membership entitles you to numerous perks including event ticket pre-sale day on certain events, notary service, and the option of getting your monthly brochure via U.S. mail. Cost for membership is only \$10 and is good until December 31, 2007.

If you choose not to become a member, you can still participate in many of our great activities once you fill out a participation card. These cards provide us with contact information in the event of an emergency. Cards are available in the office. Thanks for your cooperation in this matter.

NOTARY SERVICE: Notary Service is available at the center Monday through Thursday between 9 am - 4 pm. This is a free service for members only (up to three signatures per year; additional signatures \$8 each). Please call ahead to make an appointment, as the notary may not be available for drop-ins.

SALA (Senior Adult Legal Assistance) – FREE. 9:30 am - 11 am, Assistance available on the second Tuesday of each month. SALA provides free legal advice, brief consultations, and representation in a wide variety of matters to residents of Santa Clara County who are 60 years of age or older. Items covered by SALA include matters with Social Security, SSI, support services, elder abuse, housing, nursing homes, simple wills and durable power of attorney for health care. Please call ahead to schedule your appointment.

BREAD DELIVERY THURSDAYS – FREE. Please call 979-7820 to check on the availability of baked goods if you are making a special trip for this service, as bread may not be available some weeks.

OLDER ADULT RESOURCE SPECIALIST – FREE. Older Adult Resource Specialists are individuals with experience in helping seniors to access needed services. If you are having difficulties with issues regarding Social Security, transportation, meals, legal affairs, or other concerns, a Care Advocate may be able to help by referring you to appropriate services. Call ahead for an appointment.

HICAP (Health Insurance Counseling Advocacy Program) – FREE. 9 am - 12 pm. Assistance is available the third Thursday of each month. Please call ahead to schedule your appointment at 268-1133.

THE VEP NEWS



VEP Community Association

P.O. Box 18111 San Jose, CA 95158

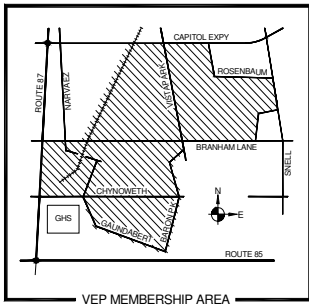
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Published monthly by VEP Community Association, a not-for-profit organization of volunteers established in 1969 to serve and represent more than 2000 homes in the Blossom Valley area of southern San Jose. VEP is dedicated to neighborhood maintenance and improvement in its membership area as well as to active involvement in civic affairs. This newsletter is mailed monthly to all members in good standing, to our advertisers, and to schools and government officials serving our membership area. For membership or paid advertisement information, contact our Treasurer or write to the address listed above.

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EDITOR	DAVE FADNESS	578-6428	drfadness@sbcglobal.net



Check our website: www.vepca.org

Community Room

Vista Park

7:30 pm in the

Be sure to attend
VEP's
January 30th Meeting