



CITY OF CALEXICO COMMUNITY SERVICES DEPARTMENT NEWSLETTER



**What would you like to see happen with
the Arts in Calexico?
Bring your ideas to the next
Arts Commission meeting**

Volume 5, Issue 4
July/Aug 2011



**Monday, July 11, 2011
City Hall
Nene Torres Council Chambers
6:30p.m.**



2011 Lava Lamps Calexico Chamber of Commerce

2011 Community Award

Dr. Minerva Kelada received this award for her dedication to the community. She has been a medical provider for many years and has offered her support in many areas. She is an avid supporter of the arts. Dr. Kelada recently reinvested into the community by purchasing the old hospital building and remodeling it. Now it stands as a proud sign of how one individual can make a difference. The location is currently used for the 24-hour urgent care services that were sorely needed. Calexico is lucky to have her.

Congratulations, Dr. Kelada!



2011 Young Entrepreneur Award

Angel Esparza was recognized for his dedication to the positive promotion of his community. Angel created a website called "Mi Calexico" to help keep young people involved and informed about all the positive activities within the City of Calexico. At the young age of 21, he is the owner of Esparza Advertizing. He designs web pages, logos, and does community promotions for various businesses in Calexico. Angel is also a community volunteer, using his technical expertise to do pro bono work for agencies such as the Calexico Recreation Department. He is the Chair of the Beautification Commission. He is an "up and coming" young entrepreneur to watch!

Congratulations, Angel!

2011 Business Award

The Joel and Pearl Reisin Family were presented the Business Award. This family was a pioneer in Historic Downtown Calexico, establishing "La Tienda del Army" in 1965. While Joel ran the store, Pearl worked as manager in several other downtown stores until her death in 1972. Joel continued running the store until his death in 2005, at the age of 102. They were the parents of 5 sons. William still runs the store today, while Morris is the owner and operator of Sports International. They remain as anchors in the downtown business district. **Congratulations, Reisin Family!**



**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 6:00 p.m. in the Council Chambers at City Hall 608 Heber Ave. Calexico, CA



LIBRARY



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One World, Many Stories Summer Family Reading Program 2011



June 15-July 29
It's not too late to join!



Activities for people of all ages! Toddlers, Kids, Teens, Adults and Senior Citizens!
Visit our website today to access full activities brochure
<http://calexicolibrary.org>

I'M BORED!

IDEAS TO KEEP YOU'RE KIDS BUSY THIS SUMMER

1. **Visit you're local Library.** Many libraries have special Summer activities and programs free of charge.



2. **Search the sky.** On a clear night, take binoculars with you and walk together into a park or another place where you're some distance from house and car lights. See how many stars you can count.

3. **Send a birthday greeting.** Got a family member or friend with an upcoming birthday? Get out craft supplies and create one card, or several. If you're each writing a note or drawing a picture, one of you might crease heavy paper into a folder that can hold everyone's greetings.



4. **Play charades.** Each one of you can act out a word, phrase, song or book title, or a character for the rest of the family to guess.

5. **Play cards.** Play "Go Fish" or pull out pairs of cards and the joker to use if you don't have an "Old Maid" deck. Tweens and teens can play cribbage, gin rummy, poker and maybe even bridge. For simple matching games, try the Parenting Press "[Feeling Elf](#)" cards



6. **Play checkers.** An ideal way to reinforce the concepts of taking turns and being a gracious winner (and loser).

7. **Capture bugs.** Don't let the crawlers creep you out! Use an inexpensive "bug box" with magnifying lens in its lid to catch and examine spiders and the other bugs you may find around the house. **(Avoid bees, wasps and other stingers!)**

8. **Press flowers.** Delicate blossoms and leaves can be pressed between sheets of wax paper weighed down with heavy books.

9. **Plant carrots and radishes.** Unless you live where frost comes early, you can probably get a small crop if you plant in July.



10. **Photograph each other.** Photograph your kids when they're hanging upside down on the playground monkey bars or when each member of the family is making a "fish face."
FOR FULL TEXT GO TO: <http://www.parentingpress.com/ezone/jul/index.html#1d>

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



6 Ways to Feel Happier, Be Healthier

How a positive attitude really can make a difference by: Nissa Simon

| from: [AARP Bulletin](#) | May 13, 2011
[Excerpt from <http://www.aarp.org>]

A good mood not only influences how you feel today, it can have a powerful impact on your health for years to come. Scientists urge us to be as attentive to our moods and attitudes as we are to our physical health.

Here are six mood boosters to make the world look rosier. Add them to your life, and odds are you'll feel both happier and healthier. If you rarely walk on the sunny side of the street, now's the time to cross over.

1. Adopt an Animal Companion

Pets provide more than companionship and a warm welcome home. They lend a willing and helpful ear — even if they have fins or feathers instead of fur. Many pet owners confide in a pet because pets don't judge, condemn or talk back. Studies have found that dog owners are often as emotionally close to their pets as to their closest family members.

People talk to their pets because they don't have to worry about what they say or worry about the response. "Just as it's more relaxing to walk in a park than a parking lot, it's more relaxing to be with an animal than to be alone. It's as calming as looking at a sunset," says Beck.

If you'd like to have a pet in your life but don't want the responsibility of owning a dog or cat, you can volunteer at an animal shelter or zoo, offer to walk a neighbor's dog on a regular basis, set up an aquarium, consider a parakeet or put out bird feeders.

2. Turn Up the Music

Even before we're born, we can hear

music, and it holds us in its power throughout life.

Soothing, melodic music blunts stress and provides comfort. Bright, upbeat tunes set toes tapping and boost flagging energy. Relaxing music serves as an easy and safe way to improve sleep. Music helps keep both mind and body healthy and resilient, and it activates specific brain regions involved in emotion and memory.

"If you listen to a song that triggers a memory from your past, it evokes generally positive visual and emotional memories," says Petr Janata, a cognitive neuroscientist at the University of California, Davis. He suggests listening to familiar music that you know puts you in a good mood. "Up-tempo, bright and cheery music is always a good bet," he says. "It will help you get out of bed in the morning in a good mood. Music remains a part of people's lives no matter how old they are."

3. Have a Good Laugh

Laughter prompts physical changes that help the immune and endocrine systems function better. There's even more. Scientists know that stress has a negative effect on the heart and causes blood vessels to narrow. "New information coming out of our lab and others shows that a positive emotion like laughter has the opposite effect, releasing chemicals that allow blood vessels to open," explains cardiologist Michael Miller, M.D., of the University of Maryland Medical Center. "We believe that it's good for your heart to laugh regularly," says Miller, "and now we have direct evidence to support that."

Miller's prescription for laughter is at least one good belly laugh a day. So take yourself a little less seriously, find something that tickles your funny bone, and share this wonderful, free gift of laughter with others.

4. Get Back to Nature

Head for the great outdoors to boost your mood and your self-esteem. Researchers at the University of Essex in England found that people who participated in outdoor activities were significantly less angry, depressed and tense. "We evolved in the natural

world, and it remains an integral part of health and well-being," says Yale University social ecologist Stephen Kellert. Natural settings stimulate the mind.

Physical exercise and increased stamina associated with being outdoors yield important benefits as people become more sedentary with age. Walking, gardening, fishing, boating and cycling all count. Don't fret if you're not near a mountain range or the ocean. Your own backyard, a local park, a nearby botanic garden or a green oasis in the middle of town will do just fine.

5. Help Yourself by Helping Others

Volunteers who devote time to community organizations or who informally help out friends, relatives and neighbors report greater happiness and better health than those who don't.

According to the Corporation for National and Community Service, men and women who volunteer report greater life satisfaction and better physical health than non-volunteers. Adults over age 70 who volunteered 100 hours of their time a year reported less of a decline in health and lower levels of depression than non-volunteers. To tap into this source of well-being, log on to volunteermatch.org and type in your town or ZIP code.

6. Try Tai Chi

The gentle movements of tai chi reduce anxiety and depression, improve sleep quality, lower blood pressure and relieve chronic pain. These low-impact, slow-motion exercises encourage you to focus on your breathing and your body and allow you to concentrate fully on the present. This mind-body practice teaches you how to stand, walk, lift and breathe in a perfectly natural way, explains Tricia Yu of Taos, N.M., who has taught tai chi for 38 years. Tai chi is suitable for everyone and can be adapted to individual needs, she notes. "Both yoga, which comes from India, and tai chi, from China, are mind-body practices that reflect millennia of understanding how the mind and body work together," says Yu.

Taking a class is the best way to learn tai chi.

FOR FULL TEXT GO TO —<http://www.aarp.org/health/healthy-living/info-05-2011/6-ways-to-feel-happier-be-healthier.html>



Recreation Commission

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

JULY 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Independence Day CLOSED 	5 City Council Reorganization Mixer @ Applebee's	6	7	8 Fun Family Nights @Crummett Park 	9 CLOSED
10	11 Arts Comm. Mtg. 6:30pm	12	13	14	15 Fun Family Nights @Crummett Park	16 CLOSED
17	18	19 City Council meeting	20 Rec. Comm. Mtg. 5:30p.m.	21	22 Fun Family Nights @Crummett Park	23 CLOSED
24	25 Read-to-Me Party! 3p.m.@CAC	26 Teen Club Party! 3:30p.m.@CML	27 Library Board Mtg. 6:30pm	28 Reading Club Party! 3p.m.@CAC	29 Fun Family Nights @Crummett Park	30 CLOSED
31						

AUGUST 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Arts Comm. Mtg. 6:30pm	2	3	4	5	6
	Library Closed for Inventory					
7	8	9	10	11	12	13
	Library Closed for Inventory					
14	15	16	17 Rec. Comm. Mtg. 5:30pm	18	19	20 CLOSED
21	22	23	24 Library Board Mtg. 6:30pm	25	26	27 CLOSED
28	29	30	31			