



Sherman Oaks Neighborhood Association

Sherman Oaks Neighborhood Association is a volunteer group of residents working to make our neighborhood a better place to live, work and play. Newsletter funds are supplemented by a Community Action & Pride Grant from the City of San Jose.

Issue 118 of your local neighborhood newsletter.

Notes From the President

At last month's meeting during the open forum to discuss plans for the year and to set some goals the following thoughts and ideas were suggested.

- *Continue to hold monthly membership meetings*
- *Apply for City of San Jose CAP Grant to fund monthly newsletters*
- *Hold a Dumpster Day Clean Up & E-waste Collection*
- *Summer Time Pot Luck*
- *Block Parties*
- *Movie Night*
- *Continue working with San Jose City College on ongoing issues*
- *Follow up with more disaster preparedness similar to the City of Cupertino*
- *Request enhanced street sweeping on neglected streets*
- *Explore partnerships for use of San Jose City College Multi-Use Field for sports activities*

If you have any additional items you want added to list please do not hesitate to let your Board Members know. Their contact information is listed on page 2.

This month's meeting will be a presentation titled a "Community Vision for Diridon Station" which incorporates best practices for neighborhoods and business in the station area. While highlighting place making, parking, public art, safety, boarders and barriers, and complete streets Carlos Babcock with the Silicon Valley Bicycle Coalition will compare what other cities have done with existing conditions in San Jose.

See you at the meeting...Michael

General Meeting February 10, 2011

6:30PM

- ❖ **Coffee and Cookies**
- Come meet your neighbors and let us know what's happening in your part of the neighborhood.**

7:00PM

- ❖ **Welcome**
- ❖ **Staff Reports**
- ❖ **San Jose Police Department**
- ❖ **Public Comments**
- ❖ **Announcements**

7:30PM

- ❖ **"Community Vision for Diridon Station" a presentation by Carlos Babcock with Silicon Valley Bicycle Coalition**

8:00PM

- ❖ **Door Prize Drawings**

Notes and News

PayPal is available on SONA's website! You can pay your yearly dues with just a few clicks, make donations and contribute to SONA's success. We simply cannot afford to mail out reminders to people, so we are hoping that you will use the PayPal option on the website's front page and make your contribution count. This is a secure and easy way to pay your dues each year and you can also opt to have your dues deducted every year from now on. What a great way to support your neighborhood from the comfort of your own home. **The SONA website is located at <http://www.sona-sj.com/>**

Newsletter Deliveries - SONA needs more people to help deliver newsletters. We no longer have anyone delivering newsletters on Cheney Drive and it's 3 cul-de-sacs. **If you are willing to help deliver newsletters please contact Sheila Cvitanich our newsletter coordinator at 408.292.2690.** This simply means walking around a couple blocks once a month and placing newsletters in doorways. Your donation of 15 to 30 minutes each month could mean we reach out to hundreds of people. Quite often SONA newsletters have information that affects you directly that you might not find in a local newspaper.

SONA'S HIFIVE PROGRAM: This is a short outline of a program that is about bringing our neighborhood together and turning it into a friendlier place to live. There are many good programs that give safety and security training to residents. Our City has the SAN JOSE PREPARED program. HIFIVE wants to increase the personal, individual contact between the neighbors. The five immediate neighbors, on both side of your place and the three opposite are the closest both in everyday situations and in emergency. Below is a short list of information that can be useful in some situation. It is important that the information is only for you, not for any kind of databank, not for official use. This is person-to-person contact not organizational. Best approach is to give your information to your neighbor if he/she agrees to this mutual assistance. Please let me know what you think of it, any improvement you suggest, my phone and e-mail is listed below, Jussi Rajna.

Address:

Location from my place:

First name: Spouse: Child: Child:

Last name:

Home phone: Work phone: Other contact person:

Gas shut-off location:

Electric main breaker location:

Pets: Name: Kind:

SONA Contact List

President, Michael LaRocca	408.564.2374	mlroo1@sbcglobal.net
Treasurer, Marlene Bird	408.288.9727	mbird@cbnorcal.com
Secretary, Steve Kline	408.768.4154	slkesq@me.com
Administrative VP, Randi Kinman	408.835.2881	randikinman@yahoo.com
Member at Large, Sheila Cvitanich	408.292.2690	
Member at Large, Jussi Rajna	408.291.0202	jussirajna@att.net
Member at Large, Lisa Steingart	408.666.3287	
Website Administrator, Patrick Solomon	408.287.8795	www.sona-sj.com

SONA's newsletter is published monthly and distributed to 1500 residences. All ad copy is due by the 15th of each month. Newsletter editor is Randi Kinman. Our all-volunteer group welcomes your participation. Feel free to contact any of us with ideas or questions.

What are the signs of a heart attack?

Question: What are the signs of a heart attack?

Signs and symptoms are not the same thing. Signs can be observed by others, while symptoms are things that are only noticed by the person experiencing the medical problem.

If you are worried that your spouse or a parent could be having a heart attack, there are some red flags to consider even if he or she doesn't complain of any symptoms.

Answer: A heart attack is a deeply personal crisis. There aren't a lot of outward signs to tell the world when someone is having one. The most common symptoms of heart attack are chest pain and/or pressure. Sometimes a victim will be short of breath or have pain or pressure in one or both arms (usually the left), or in the neck and jaw.

If you're reading this because you're worried about someone, then it's likely that you've already seen some signs. Here are some things that might be happening to someone having a heart attack:

- Breathing fast (he can't catch his breath)
- Rubbing his arm or his chest (an indicator of pain or discomfort)
- She looks pale or gray (fear and pain can both cause this reaction)
- Sweating (another possible result of fear and pain)
- Cool to the touch (sometimes the combination of cool temperature and the moist skin are described as feeling "clammy")

While it's not in any medical books that I know of, one thing I've noticed about nearly every heart attack patient I've treated is that he or she was very *distracted*. One of the symptoms of a heart attack described often in medical literature is a "feeling of impending doom" -- some patients actually

feel like they are going to die. I'm sure you can see how one could be a bit distracted by that feeling.

The more of these signs you see, the more likely this person is suffering a heart attack. If you suspect your loved one is having a heart attack you could call 911, but I recommend talking to him or her first. Don't ask if anything is wrong. Instead, ask why he or she is rubbing that arm. Ask why he or she is winded or out of breathe. Ask about pain or pressure in the chest.

If you can convince the victim to be medically evaluated, call 911. The paramedics will have tools to get treatment started right away if it's necessary

San Jose City College Events Schedule

CAMPUS EVENTS:

2/9/11 Career Day for High School Students 11:00 am – 2:00 pm Construction Yard

2/14/11 Arts & Lecture Series: Day of Action 6:30 pm – 8:30 pm T-415

2/16/11 Career Day for Middle School Students 11:00 am – 2:00 pm Construction Yard

3/3/11 Phi Theta Kappa Induction 5:00 pm – 8:30 pm SC-204

3/31/11 Arts & Lecture: Event Forum 6:30 pm – 8:30 pm T-415

4/7/11 Arts & Lecture: Event Tony Screening 6:30 pm – 8:30 pm T-415

4/12 & 4/14/11 Arts & Lectures: Middle Eastern Film Festival 6:30 pm – 8:30 pm T-415

4/25-4/28/11 Reel Work Movie Night 6:00 pm- 9:30 pm SC-204

5/5-5/7-11 Spring Dance Concert 8:00 pm – 10:00 pm Theater

5/12/11 Arts & Lecture: NAFTA 6:30 pm – 8:30 pm T-415

COMMUNITY EVENTS

3/4-5/11 Sherman Oaks School Play 7:00 pm – 8:30 pm Friday, 2:00 pm – 3:30 pm Saturday in Theater

3/19/11 Pacific Autism High School Dance 7:00pm – 10:00 pm Main Gym

5/20-22/11 Youth Focus Talent Competition 8:00 am – 9:00 pm Theater

ON-GOING COMMUNITY EVENTS

Community Boot Camp – 6:00 am – 7:00 am M-F – Stadium

Driver's Ed Traffic School – GE-111, GE-115 8:00 am – 5:00 pm



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Layne Kulwin, MA
AHWD, ASR, CBR, e-Pro, RFS, CNE
Real Estate Advisor and Advocate

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5985 Almaden Expressway
San Jose, CA 95120
www.vbprop.com
Each Office is Independently Owned and Operated

408.256.0761
Layne@LayneKulwin.com
www.LayneKulwin.com

DRE #00584323

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For more information, contact Michael at

sanjosesona@gmail.com



Mehran Beheshti
Insurance Agent

FARMERS

Auto • Home • Life • Business • Workers Compensation
181 Metro Drive, Suite 290
San Jose, CA 95110
Bus: 408-396-2717
Fax: 408-899-5960 License#: 0G68066
mbeheshti@farmersagent.com



Marlene Bird
408-288-9727
mbird@cbnorcal.com
www.marlenebird.com

COLDWELL BANKER
RESIDENTIAL BROKERAGE
1045 Willow Street, San Jose CA 95126

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Guadalupe River Park and Gardens

It's not too late to sign up for classes in dormant fruit tree pruning, landscaping planning, vegetable gardening and a host of other things, including free clinics on rose pruning. Kids can earn badges from the Guadalupe Park Conservancy, go on field trips or have a green birthday party. Classes are year round and are tailored for whatever is going on in the garden. Volunteers are always welcome

438 Coleman Avenue, San Jose, CA 95112
408.298.7697
www.grpg.org