



Insights

It is the mission of the Irwindale Chamber of Commerce to build solid relationships, provide quality services that support chamber members and businesses in order to promote the economic vitality of our community.

Volume 27, Number 02

February 2007

CORNERSTONES of Irwindale Commerce



Volunteers at Work

Can a for-profit business make use of unpaid volunteers?

It is highly unlikely. The organization generally would have to be non-profit. When determining whether one is a volunteer, the controlling factor is the intent of both the business and the potential volunteer. Coercion must not be present.

If the person intends to volunteer his/her services in the spirit of devotion, self-sacrifice or service to the needy, that person is not an employee.

If the person is performing tasks that might otherwise be performed by an employee, it is not likely that such a person could be a volunteer. Because of the tacit threat of adverse action, employers and employees seldom deal with each other on an equal footing, creating a serious question about someone's intention.

On the other hand, members of charitable, medical, religious or volunteer social organizations usually are involved out of a sense of duty and obligation.

(Volunteers-continues on page 17)

2007 Chamber Award Honorees

Joe Dishanni-Business of the Year
Vulcan Materials, Inc.

Business Person of the Year
Gene & Rosi Medrano, Rancho Duarte Florist

Ambassador of the Year
Celia Smith, Pegasus Building Services

Employee of the Year
Elaine Cullen, City of Irwindale

Citizen of the Year
Joseph F. Tapia Sr.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ State of the City ★
★ Thursday, March 8, 2007 ★
★ @ Edison CTAC ★
★ 11:30 a.m.-1:30 p.m. ★
★ Presenting Sponsor: ★
★ Picasso's Cafe ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

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www.irwindalechamber.org

Congratulations to each of these leaders in our community! Look for the full recap of the award celebration in our March Insights magazine.



It's our town.



We live *here*.
We work *here*.
We contribute *here*:



time,
money,
resources...



To build *bridges to jobs through support for education.*

To encourage *diversity in our business and this community.*

To enrich *the community through support of the arts.*

To reach out *to the disadvantaged, the hungry and those in need.*



It's the right thing to do.
It's our town, too.

Live Responsibly 

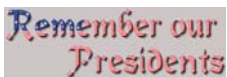
Miller Brewing Company, Milwaukee, WI


MILLER BREWING COMPANY

Calendar of Events

February 2007

This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in. -Theodore Roosevelt-



- 1 Business Development Committee 7:30 a.m. Chamber Office
- 1 Ribbon Cutting/Grand Opening 5:00 p.m.-7:00 p.m. Duarte Family Chiropractic
- 6 Ambassador Meeting 8:00 a.m. Vineyard Bank
- 7 Environmental Committee Noon Chamber Office
- 13 Irwindale Education Foundation 7:30 a.m. Chamber Office
- 15 Let's Do Lunch 11:00 a.m.-1:30 p.m. Edison CTAC
Energy Forum- Presenting Sponsor: Southern California Edison
- 19 President's Day **CHAMBER CLOSED**
- 22 GMI Breakfast 7:30 a.m.-9:00 a.m. Picasso's Cafe
Presenting Sponsor: Picasso's Cafe
- 26 Board of Directors Meeting 3:00 p.m. Chamber Office

March 2007

If a man who cannot count finds a four-leaf clover, is he lucky? -Stanislaw J. Lec-



- 1 Business Development Committee 7:30 a.m. Chamber Office
- 6 Ambassador Meeting 8:00 a.m. Vineyard Bank
- 7 Environmental Committee Noon Chamber Office
- 8 Let's Do Lunch 11:30 a.m.-1:30 p.m. Edison CTAC
State of the City-Presenting Sponsor: Picasso's Cafe
- 13 Irwindale Education Foundation 7:30 a.m. Chamber Office
- 22 GMI Breakfast-Mini Expo 7:30 a.m.-9:00 a.m. Picasso's Cafe
Presenting Sponsor: Picasso's Cafe
- 26 Board of Directors Meeting 3:00 p.m. Chamber Office

April 2007

Easter tells us that life is to be interpreted not simply in terms of things but in terms of ideals. -Charles M. Crowe-



- 3 Ambassador Meeting 8:00 a.m. Vineyard Bank
- 4 Environmental Committee Noon Veolia ES Tech.
- 5 Business Development Committee 7:30 a.m. Chamber Office
- 10 Irwindale Education Foundation 7:30 a.m. Chamber Office
- 12 Let's Do Lunch 11:00 a.m.-1:30 p.m. Four Points
Presenting Sponsor: 1st Centennial Bank By Sheraton
- 18 HR Roundtable 11:30 a.m.-1:30 p.m. Community Center
- 23 Board of Directors Meeting 3:00 p.m. Chamber Office
- 26 GMI Breakfast 7:30 a.m.-9:00 a.m. Picasso's Cafe
Presenting Sponsor: Picasso's Cafe

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Save the Date

Irwindale Educational Foundation BBQ
Friday, July 20, 2007

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The foundation has awarded \$140,000 to
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Holiday Luncheon



The Holiday Luncheon was held at Edison CTAC on December 14, 2006. Corporate Sponsors were Foothill Transit, San Gabriel Valley Tribune and Vineyard Bank. The mood was definitely festive as attendees arrived with donations in hand for the **Spirit of Giving*** campaign. After a period

of networking and a deliciously prepared lunch catered by Picasso's Café, Bakery & Catering, the mood grew even more festive as Jon Cline of Enthusiast, Inc. (pictured above) led the group in a gift exchange as he read Twas the Night Before Christmas.



Next came the singing as Rona Lunde of Jan's Towing led the members into a lively (and loud) rendition of The Twelve Days of Christmas. Pictured to the left is George Silva, SCE Federal Credit Union, holding up the five golden rings while his table strives to be the loudest at singing their verse.



New members Nathaniel Booker and Greg Beatty of First Innovative Financial Services received their membership plaque. First Innovative Financial is located in the city of Monrovia and they can be reached at 626-864-0720.

Pictured (L-R) is Lisa Bailey, Irwindale Chamber; Nathaniel Booker and Greg Beatty, First Innovative Financial Services; and Vee Clark, SCE Federal Credit Union.

Congratulations to Craig Doerr of American Reclamation who received the Ambassador of the Month award. Pictured (L-R) Lisa Bailey, Irwindale Chamber of Commerce; Craig Doerr, American Reclamation; Rachel Leyba, Allstate Insurance; and Vee Clark, SCE Federal Credit Union.

Each attendee received a beautifully decorated 9 Volt Battery from Veolia ES Technical Solutions as a reminder to change out the battery in their smoke detector. Attendees were also given the opportunity to select a cell phone accessory courtesy of Superior Communications.

Thank you to all of the above mentioned and to the following businesses for their door prize donations: 1st Centennial Bank, Allstate Insurance, American Reclamation, Artemis Concepts,

(Holiday Luncheon-continued on page 5)

Member News



Kelcy's Earthquake SOLUTIONS Receives Significant Professional Award

April Kelcy, founder of *Earthquake SOLUTIONS*, recently received a top honor in the emergency management field. Also honored was Joseph De Ladurantey, former Chief of Police for the City of Irwindale.

The award was presented by the Emergency Preparedness Commission of the County and Cities of Los Angeles (EPC). The EPC represents the 88 incorporated cities, 10.2 million people, and the additional special districts that compose Los Angeles County. Commission members include top emergency managers, law enforcement and fire officials, military and political leaders.

Kelcy was honored for "exemplary" and "outstanding" work in a public-private partnership to improve community preparedness at all levels. She was primarily responsible for the preliminary assessments, scenario development, exercise design and scripting. In addition, she conducted STAR team (citizen) training, pre-and-post-exercise briefings with the many public and private responders and media. She also provided executive coaching for affected department heads, prepared actors (e.g. the "governor"), supervised props and set-ups, and coordinated the simulation control room.

Pictured above(L-R) Vee Clark, SCE Federal Credit Union; April Kelcy, Earthquake Solutions; and Lisa Bailey, Irwindale Chamber

.....
(Holiday Luncheon-continued from page 4)

Athens Services, Boy Scouts of America, Gerry Caccamo, Calwax, City of Hope, Duarte Family Chiropractic, Enthusiast, Foothill Transit, Helping Heroes Productions, Jan's Towing, Miller Brewing, Picasso's Café, Vineyard Bank.

*Spirit of Giving

The Spirit of Giving is alive and well in Irwindale thanks to all of you who donated food, toys and gift cards at our Holiday Luncheon. Thank you also to Vineyard Bank and Pepsi. Your generous contributions not only brought joy to two Irwindale

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New Tax Laws for 2007

By: Bill Leonard, State Board of Equalization

Californians became subject to hundreds of new laws that went into effect on January 1st. Perhaps you read about "Move Over, Slow Down" law the makes it illegal to approach within 500 feet of an emergency vehicle or tow truck with flashing lights that is on the side of the road; it requires drivers to slow down or move at least one lane away from the vehicle. But beyond flashy new laws like that one, most new laws do not get covered by the papers, particularly the ever-so-exciting changes to your taxes. Here are some of the new tax laws you should be aware of:

1. SB 1449 creates a new 40% penalty for retailers who collect sales and use tax but do not pay it to the state in a timely manner. That is a four-fold increase in the penalty.
2. AB1418 requires the BOE and FTB to publish lists of the 250 largest tax delinquents who owe more than \$100,000.
3. AB 1890 gives disaster victims five years to rebuild a damaged home or purchase a comparable home while protecting their base-year property values.
4. AB 2239 provides that vehicles, including RVs, brought into the state solely for repair or warranty service for less than 30 days are exempt from the 12-month use tax rule.

TAX TIPS: CA Makes Life Difficult for Taxpayers

The New Year's Day edition of Spidell's California Tax newsletter began with this: "With one minor exception, California does not conform to any of the provisions of The Tax Relief and Health Care Act of 2006, and the mood in Sacramento is moving even further away from conformity to HSAs (health savings accounts)." The new lawmakers who took up offices in Sacramento this week should take a serious look at why the state consciously chooses to make life so difficult, and taxes higher, for California taxpayers. There is much bloviating about increasing efficiency in government this very simple way to accomplish that is ignored.

Consider Spidell's example of the termination of a health savings account: "In order to establish a HSA, Ron's employer, with a home office in Colorado, terminates its [Health Reimbursement Account] and transfers Ron's \$2,000 balance into an HSA. Unfortunately, Ron is a California resident. The \$2,000 is tax-free for federal purposes but is taxable income subject to income and payroll tax withholding for California purposes. The rollover is treated as a distribution to Ron for California purposes."

If California were to conform with these federal tax laws, the taxes on Californians, including Ron, would go down. We should simply make those changes to make filing taxes easier for our residents. When taxes become simpler, voluntary compliance increases and government efficiency improves. These goals are more important than collecting a few dollars on HRA transfers.

Office Safety

By: Noreen Heinisch, Biosense Webster, Inc.

According to the Federal Occupational Safety and Health Administration (OSHA), 40,000 office workers receive disabling injuries from office accidents. Although accidents involving office personnel generally occur less frequently than mishaps to industrial workers, the resulting injuries can be just as painful and severe. Each year in the United States, between 300 and 400 deaths occur in an office setting. A conservative estimate is that more than \$100,000,000 is lost annually in medical and workers' compensation costs due to office-related injuries.

In general, offices are safe places in which to work. The leading causes of office accidents are slips and falls, strains, overexertion, falling objects, and workers striking objects or being caught in or between objects. Other office hazards include electrical equipment and wiring, and fires.

Falls: The most common office injuries stem from slips, trips and falls. Falls from the same level cause more accidents and injuries than falls from heights (i.e., ladders and scaffolds). Employees can fall while walking, climbing stairs, and standing on stepstools. They can trip over open file cabinet doors, telephone and electrical cords, and worn carpeting.

Remind your employees in monthly safety meetings of the things they can do to prevent these types of accidents:

- Don't use makeshift ladders or chairs on wheels. Use stepladders and stepstools correctly.
- Re-route electrical cords and telephone cords away from traffic areas (but be careful not to route them under carpeting).
- Keep floors clean, dry and free of debris. Boxes should be stacked out of the way of traffic.
- Open one drawer at a time. Close floor-level drawers that personnel can trip over them.

Strains and Overexertion: Strains and back injuries can come from improper lifting, unexpected twisting, jerking or overexertion. An employee who works in the warehouse might make a conscious effort to safely lift loads because he is prepared for the possibility of an injury. However, the same person can be injured by lifting a box of copy paper because he is not expecting to get hurt in an office setting.

Remind your employees of ergonomic safety and how to prevent these injuries:

- Don't lift a load that you cannot handle.
- Don't twist your body even when lifting a light load.
- Use your leg muscles rather than your back. Make sure your back is straight and your footing is secure.
- Always obtain assistance with heavy or awkward loads.

Struck By or Caught In: Striking against an object can cause many office injuries. These types of accidents happen when

(Office Safety-continued on page 8)



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Southern California February 2007

February 8 - 9:00 am to 12:00 pm

Small Disadvantaged Business & 8(a) Programs
El Camino College Small Business Development
Center (SBDC)
13430 Hawthorne Boulevard
Hawthorne, CA 90250

February 15 - 9:30 am to 12:30 pm

Responding to RFPs (Request for Proposal)
Santa Ana Chamber of Commerce
2020 North Broadway, 2nd Floor
Santa Ana, CA 92706

February 22 - 9:00 am to 12:00 pm

Doing Business with General Services Administration (GSA)
The Greater Lakewood Chamber of Commerce
4010 Watson Plaza Drive, Suite 130
Lakewood, CA 90712

(Office Safety-continued from page 7)

an employee does not notice an open desk or file drawer and other office equipment. Bumping into sharp burrs on metal filing cabinets and office furniture can cause injuries. Splinters on desks and chairs can produce similar results. When objects strike workers, these accidents are usually attributed to falling equipment like small index card files, calculators and typewrites. An unbalanced filing cabinet (i.e., top heavy) can easily fall over when top drawers are pulled out, trapping or otherwise injuring an unsuspecting employee. Employees may also sustain injuries when caught in or between machinery and equipment.

To avoid this situation, point out these types of scenarios and mitigation measures to employees:

- File rough metal edges or corners, cover them with duct tape or situate furniture so corners are out of the way of traffic. Repairs to chipped or broken furniture should be made immediately.
- Portable office equipment should not be placed near the edge of desks, filing cabinets, or tables.
- Load filing cabinet drawers evenly, starting with the bottom ones. Pull out only one drawer at a time. Filing cabinets higher than five feet should be braced.

Fires: Numerous fires causing loss of life and property have been the result of neglecting fire prevention rules. Open floor plan office designs allow smoke to spread quickly. Synthetic and other ordinary combustible materials in furniture, rugs, drapes, plastic wastebaskets, vinyl covered walls, and other office fixtures often make "smoky" fires that emit toxic chemicals. Toxic fumes can overcome workers before they can escape from a fire.

Fire prevention safety tips should be emphasized often and should include:

- Know where to find the fire extinguishers and know how to use them.
- Post emergency numbers, first aid contacts and evacuation procedures for your office where everyone will be sure to see them.
- Do not overload electrical circuits.
- Observe strict housekeeping standards, store flammable substances in approved receptacles and extinguish matches and cigarette butts before discarding them.

Summary: Title 8 of the California Code of Regulations, Section 3203, states that every employer having greater than 10 employees shall establish, implement and maintain an effective Injury and Illness Prevention Program (Program). Implementing a program of scheduled inspections is part of the requirements of the IIPP regulation. Regular area inspections allow for unsafe conditions can be recognized and corrected before they lead to serious injuries. Even though an IIPP is in place, it is important to remember that office safety is everyone's responsibility.

The Green Pages

February 2007



February is American Heart Month

Submitted By: Racine Ward, Biosense Webster

Get your blood pressure checked! Do you know your numbers?



Do you know if you have high blood pressure? According to recent estimates, 1 in 3 Americans has high blood pressure (HBP), but because there are no symptoms, about 1/3 of these individuals do not know it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure. The

only way to know if you have HBP is to have it checked.

- Under 120mmHg systolic & under 80mmHg diastolic: normal
- 120-139mmHg systolic or 80-89mmHg diastolic: pre-hypertensive
- 140 or higher systolic or 90 or higher diastolic: high

Tips for Preventing & Controlling Hypertension:

- Maintain a **healthy weight**
- **Exercise** at least 30-60 minutes on most days of the week
- **Choose** foods low in salt and sodium (when cooking try a salt-free seasoning or **substitute** herbs and spices as food flavoring)
- **Eat less salted** chips, lunchmeat, hot dogs, frozen prepared meals and many canned foods (all have a lot of salt)
- **Look for** “low salt/sodium” in frozen/canned foods
- **When dining out**, request dish be prepared without salt
- **Eat 5 or more** servings of **fruits and vegetables** and 2-4 servings of **low-fat dairy** products a day
- **Limit** alcoholic beverages to no more than 1-2 per day
- **Take prescribed blood pressure medications** as directed—don’t run out

Know your blood pressure and have it checked regularly.

Source: American Heart Association & National Heart, Lung, and Blood Institute

Women and Heart Disease

By April Kelcy, Earthquake SOLUTIONS*

Ask a woman which health problem she thinks is her biggest risk, and most will answer “breast cancer”. Few people (men and women) seem to consider cardiovascular disease (CVD) as a “women’s disease”.

However, heart disease kills more women each year than the next 14 causes of death combined!

For a long time, even the medical community did not wake up to this, because heart disease studies have focused largely on men. Although the medical community has grown wiser in their assessments of potential heart disease in women, there are still studies which show that many doctors still fail to recognize the warning signs displayed by female patients.

Often women experience undiagnosed warning signs for some period of time, maybe even months, before actually having a heart attack. One study out of the University of Arkansas for Medical Sciences indicated, indicated that the warning signs are typically there for about four to six months prior to a woman’s heart attack.

Men and women exhibit symptoms of CVD differently. Men often have the “classic” signs, including tightness in the chest, frequently expressed as “an elephant sitting on my chest”, along with shortness of breath and pain radiating to the upper left arm. Women, however, are more likely to experience nausea, overwhelming fatigue and dizziness --- possibly also some trouble sleeping and/or frequent indigestion. The “vagueness” of these symptoms has led many women, and many doctors, to incorrectly assume that they are “just” experiencing some stress.

Consider this story: A woman just sat down in her chair to relax after a wonderful and happy day of vacation. She was not experiencing any particular stress or anxiety. However, without any explanation at all, her body started to shake and she was suddenly in a cold sweat. In a woman, this scenario is highly likely to be symptomatic of a heart attack. Although this particular woman survived, she was dismissed initially by her medical provider until she insisted on further studies.

Once a person, male or female, is exhibiting signs of a heart attack, you should always call 911 immediately. This is true even if the victim protests and does not want to “cause a fuss”. Minutes at this point may be precious, and the person may go into full cardiac arrest without warning. By all means do NOT attempt to personally drive the person to a doctor or hospital. If the person goes into cardiac arrest during transit, you could have an accident. You will also have used up valuable time, and may complicate or delay access to EMS providers and advanced medical care. Call 911 if there is any doubt. Your actions may be critical to saving a life.



*The Irwindale Chamber of Commerce Environmental Committee and the
Legislative Business Affairs Committee is pleased to present...*

ENERGY: THE PULSE OF BUSINESS

Presenting Sponsor: Southern California Edison/ CTAC

*Community Sponsors include: The Gas Company, Hanson Aggregates,
Picasso's Café, Bakery & Catering, Ready Pac Produce,
SCE Federal Credit Union, and Veolia ES Technical Solutions*

This luncheon will address the serious energy issues facing us today as well as what businesses can do to ensure reliable and affordable energy in the future. Representatives from Southern California Edison, the Gas Company, Metropolitan Water District, and the California Energy Commission have been invited to speak on:

Infrastructure * Energy Efficiency & Conservation * Future Energy Challenges

Mark your calendar today and join us for lunch on:



Thursday, February 15, 2007
11:00 a.m. to 1:30 p.m.*
Edison CTAC 6090 N. Irwindale Avenue, Irwindale



\$20.00 Chamber Members / \$25.00 Non-Chamber Members

**Tours of Edison CTAC will be offered from 1:30 p.m. to 2:00 p.m.*

For information and reservations, please contact the Chamber office (626) 960-6606

The Irwindale Chamber of Commerce Environmental Committee

E-mail your environmental questions to our committee and one of our committee members will respond to you.

Chair: Celia Smith- **Pegasus Building Services**
Robert Barnes- **Irwindale Police Department**
Sol Benudiz - **Irwindale Police Department**
Ann Croissant- **San Gabriel Mountain Conservancy**
Craig Doerr- **American Reclamation**
Jayne Foote- **Veolia ES Technical Solutions**
Raymond Hamada- **City of Irwindale**
April Kelcy- **Earthquake SOLUTIONS**
Deborah Lindberg- **Biosense Webster, Incorporated**
Thomas Rascop- **Reichhold, Inc.**
Patricia Sullivan- **City of Irwindale Public Library**
Racine Ward- **Biosense Webster, Incorporated**
Lisa Bailey- **Irwindale Chamber of Commerce**
Dominique Yates- **Irwindale Chamber of Commerce**

Mission Statement

To prepare, inform and advocate, on behalf of the business and residential community, environmental concerns and emergency preparation and response planning.

Join the Committee

If you care about health and safety issues that affect community business, or the environment, you should consider this committee.

Meeting: 1st Wednesday of each month

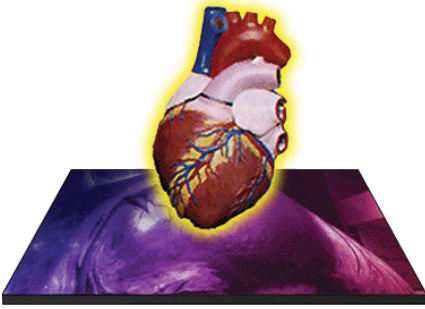
Time: 12:00 noon to 1:00 p.m.

Location: Irwindale Chamber of Commerce,
16102 Arrow Highway, Irwindale
(one block east of Irwindale avenue)

E-mail: EnviroCommittee@irwindalechamber.org

Website: www.EnviroCommittee.com

Women's Heart Disease: New Study Shows Difference



The latest research shows women have different risk factors, unique symptoms and might need different tests and treatment for cardiovascular disease. Just because your arteries appear

clear on an angiogram, it doesn't mean you're not at risk of heart disease. And the sage advice often given to men with heart disease might need a tweak or two to be useful in women.

As many as 3 million women previously diagnosed with healthy arteries could actually have an increased risk of heart attack after all, according to a study of women and heart disease by the National Institutes of Health. The study, called WISE, short for Women's Ischemia Syndrome Evaluation, found among other things that the gold standard test for assessing coronary artery disease — the coronary angiogram — may not spot the more diffuse buildup of plaques that often forms in the smaller coronary arteries of women's hearts.

"This study is very important. It's the first time we've looked at just women with chest pain," said Sharonne Hayes, M.D., a cardiologist at Mayo Clinic, Rochester, Minn., and review board member for this study. Historically, coronary artery disease has been considered primarily a man's disease. But recent statistics have shown that the rate of heart disease has declined in men but not in women. This is, at least in part, because of gender differences in risk factors, symptoms and diagnostic accuracy. Tests and treatments for cardiovascular disease have been primarily studied in men. Researchers have now confirmed what's long been suspected, women are different. With this news in hand, what can you do about it?

Know your risk factors:

By putting more emphasis on treating risk factors, women may more effectively lower their risk of heart attack.

"Although the traditional risk factors for coronary artery disease — such as high cholesterol, high blood pressure and obesity — have a detrimental impact in men and women, certain factors may play a bigger role in the development of heart disease in women," according to Amir Lerman, M.D., a cardiologist at Mayo Clinic, Rochester, Minn., and one of the WISE investigators. For example:

(Heart Diseases-continued on page 12)

Member Profile-Ray Hamada

Submitted By: Ray Hamada, City of Irwindale



Introduced by the City Council September 13, 2006, Ray Hamada joined the City of Irwindale staff as its new Director of Planning. A UCLA graduate, Ray has over 20 years of urban and environmental planning experience with local governments and compliance with the California Environmental Quality Act. Prior to Irwindale, he worked for the California cities of Downey, Rolling Hills and Monterey Park. Prior to municipal government work, Ray was employed in the private sector for Teledyne working on a Department of Defense contract to prepare digital terrain maps of a foreign country to be unnamed. Ray has amusingly noted that the Federal Government still has not declassified his security clearance after all these years. Ray is married with three children. He is a sports fan, especially baseball, and would eventually love to travel as much of the United States as possible.

As a member of the Chamber Environmental Committee, Ray's background is fitting to the mission of the committee to work with businesses and residents on environmental matters. Ray notes his philosophy as an urban planning professional is to exercise a "Big Picture" approach to balance the needs of the business and residential communities in relation to its environment. He further outlines the importance for long-range planning, in that the needs of future societies down the road must be factored into decision making. His department is responsible for the update of the City's General Plan, which serves as the blueprint for future physical development in the city for about 15 years. Ray sees that one of the biggest challenges of environmental work is the coordination between the private and public sectors. His background and experiences as a planner in a variety of environmental situations has provided Ray the opportunities to successfully create partnerships and cooperation to achieve environmental goals and win-win solutions.

- Metabolic syndrome — a combination of increased blood pressure, elevated blood glucose and triglycerides — has a greater impact on women than men.
- Mental stress and depression affect women's hearts more than men's.
- Smoking is much worse for women than men.
- Low levels of estrogen before menopause is a significant risk factor for developing microvascular disease.

See your doctor:

“Women need to be more vigilant about recognizing and treating their risk factors. You shouldn't wait until you've been diagnosed with an artery blockage or have symptoms. If you have significant risk factors for coronary artery disease, see your doctor,” says Dr. Hayes.

The typical tests for coronary artery disease — angiogram, treadmill testing and others — may leave some women with a false sense of security. The WISE study showed that in some women, plaques accumulate as an evenly spread layer along artery walls, which is not visible using traditional testing methods designed to identify the bulky, irregular, not-so-subtle plaques in men's arteries.

Know the symptoms:

“Though women will often have some chest pain or discomfort, it may not be the most prominent symptom,” says Dr. Hayes. Diffuse plaques buildup and diseased smaller arteries are two reasons why symptoms can be different in women. In addition to chest pain, pressure or discomfort, signs and symptoms of heart attack in women include:

- Neck, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

These signs and symptoms are more subtle than the obvious crushing chest pain often associated with heart attacks. This may be due to the smaller arteries involved or because in men, the bulky, unstable plaques tend to burst open whereas in women, plaques erode, exposing the inner layers of the artery.

Differences in symptoms may also relate to a condition called endothelial dysfunction, which is more common in women. Endothelial dysfunction — in which the lining of the artery doesn't expand (dilate) properly to boost blood flow during activity — increases the risk of coronary artery spasm and sudden death.

Women and some doctors don't recognize the symptoms of heart attack in women. “We often don't see women until significant heart damage has occurred,” says Dr. Lerman.

“Information from this study will hopefully encourage women to seek treatment early.”

Get treatment:

WISE study results suggest that the commonly used treatments for coronary artery disease — angioplasty and stenting — are not the best option for women with more diffuse plaques. Angioplasty and stenting treat distinct plaques formations through techniques that flatten the protruding plaques against the artery wall then reinforce the area with a mesh tube called a stent.

“Women who have microvascular disease need medications to control any underlying risk factors, such as high blood pressure, high cholesterol and glucose intolerance,” says Dr. Hayes. “Regardless of what your angiogram test results tell you, or whether you are a man or a woman, if you have risk factors for heart disease, you need to be treated.”

Some women may benefit from treatment to reduce their risk of heart disease even before menopause. “Women with abnormally low estrogen levels before menopause are at higher risk of developing microvascular disease,” reports Dr. Hayes. This may have implications around recommendations for hormone replacement therapy for low estrogen levels that occur before menopause.

There's a lot you can do to reduce your risk of cardiovascular disease. As this study points out, you may not be able to rely on some of the standard treatments for serious cardiovascular disease, so your best approach is a proactive one. Take care of yourself — quit smoking, treat your depression, eat healthy, be physically active. These treatment methods don't require extensive testing or gender modification, and studies aren't likely to rebuke this sound advice.

Put it in perspective:

“This is still just one study — a good one — but it's looking at a select group of women. These same factors have not been studied in men the same way, so we may find out later that some of these things aren't necessarily sex specific,” says Dr. Hayes.



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Cornerstone Member Profiles



Picasso's Café • Bakery • Catering Co is pleased to announce its Annual "Bring Home the Love" Valentines Day Promotions starting Wednesday February 7, 2007 and concluding Wednesday February 14, 2007. The kick off starts with Picasso's Pastry Chefs demonstrating their culinary skills featuring made to order Giant

Chocolate Dipped Butterfly Stem Strawberries, Heart Shaped Rice Crispy Treats, Chocolate Covered Cherries, Valentines Cupcakes, Sweetheart Cookies, Valentines Baked Brie stuffed with Cranberries and Port Wine, Individual Heart Shaped Valentines Cakes for two with Choice of White or Chocolate Cake, filled with Fresh Raspberries and Chocolate Ganache Icing, Freshly Baked Strawberry Lovers Gourmet Cheesecake, Mini Cherry Pies plus many other exciting and decadent Culinary delicacies.

Culminating the week of festivities features:

- **Picasso's Catering crème de la crème of Gourmet Cuisine**
- **Picasso's Exclusive "Bring Home the Love" Gourmet Dinners for Two**

These Gourmet Valentines Day Dinners for Two feature exclusive custom made romantic dinners elegantly pre packaged in classy gift style presentation sure to please anyone's lover. Back by popular demand these Gourmet Dinners are available on Valentines Day. Customers are invited to pre-order four Course Gourmet Dinners sure to please any palate with the 1st Course of Individual Hand Made hors d'oeuvres and Appetizers, 2nd course choice of Warm Cherry Tomato Salad or European Garden Salad with Fresh Raspberry Vinaigrette, 3rd Course Choice of Entrée's featuring Lovers Pasta, Grilled Fresh Atlantic Salmon with Lemon Dill Burre Blanc, Individual Beef Wellington's, Stuffed Rock Cornish Hens with Cranberry Wild Rice, Chicken Milano and Herb Roasted Rack of Baby Spring Lamb. Each Gourmet Dinner for two features all the appropriate accompaniments. Topping of the Culinary Feast is a Freshly Baked Individual Heart Shaped Valentines Cake for Two. Prices start at \$49.95 to \$99.95 ++ for two. Delivery and private set up is available for an extra charge. These dinners are limited and sell out early each year, orders placed between 1-15-07 and 02-01-07 will receive complimentary Butterfly Stem Strawberries with each Gourmet Dinner Order. Forget the reservations, crowds and car dents by valet parking, "Bring Home the Love" to your home this year.

For further information please contact Marissa DeRosa-Buckish, Vice President and Director of Marketing @ 626-969-6100 or marissa@picassoscafe.com or visit the corporate website: www.picassoscafe.com

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Vineyard's performance depends upon building and maintaining solid, trusting relationships, and is guided by our foundational value of integrity at every level. Each Vineyard customer is partnered with a highly experienced, dedicated banker who becomes intimately knowledgeable about your business. This approach allows Vineyard to respond more quickly and effectively, handle unusual requests, and anticipate your future entrepreneurial needs.

We specialize in flexibility, with services that meet your needs on your terms. When you bank with Vineyard, you aren't required to compromise by signing up for a pre-packaged set of services that you will never use. Instead, we will tailor a banking solution to your unique situation from our extensive menu of financial services.

IRWINDALE ROCKS

(Previously the City Corner)

As Provided by City Staff

Council Round-Up – December 13 and 20, 2006, and January 10, 2007

- The City Council authorized the installation of speed humps on Nora Street and Fraijo Avenue.
- The City Council approved a donation of funds to the Las Palmas Middle School for their Journalism Program.



Pictured(L-R) Elizabeth Rodriguez and Iris Espino

Iris Espino

Business License Clerk

Iris Espino was born and raised in Irwindale. She is currently going to school to earn her degree in Business Administration. She previously worked for The Claremont Colleges at Pomona College as the assistant to the District Manager. Additionally, she worked at the Irwindale Recreation Department for nearly 3 years where she coordinated the youth cheerleading program. In her spare time, Iris enjoys going to concerts, taking dance classes, photography, and creative writing.

Elizabeth Rodriguez

Building Permit Technician

Elizabeth Rodriguez has a Bachelor of Science degree in Communication with an emphasis in Public Relations and Organization from Cal Poly Pomona and a multiple subjects teaching credential from the University of Phoenix. She previously worked as a substitute teacher for Chino Valley Unified School District and as a recreation aide for the Irwindale Recreation Department. She also held the position of account executive for an advertising, public relations, and marketing firm where she worked on accounts for Nissan North America, Hilton Hotels Corporation, the Lagrant Foundation, and the California Department of Health Services – Immunization. Her past work experience also includes dispatching for an ATM company for more than four years. Elizabeth was also born and raised in Irwindale. She enjoys coaching cheerleading, and spending time with her family and friends.

IRWINDALE ROCKS

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As Provided by City Staff



Parks & Recreation Commissioners

At the City Council meeting of January 10, 2007, the following Parks and Recreation Commissioners were sworn in: Belen Zepeda re-appointed, and Paula Fraijo re-appointed. Pictured in back from left, Mayor Pro Tem Fuentes, Councilman Miranda and Councilman Breceda. Front row from left, Commissioner Belen Zepeda, Commissioner Paula Fraijo and Mayor Ortiz.



Planning Commissioners

The City Council, at their meeting of January 10, 2007, swore in the following Planning Commissioners: Dolores Amador appointed to full term, Robert Hartman re-appointed to full term, and Larry Burrola re-appointed to fill unexpired term. Pictured in back from left, Councilman Miranda and Mayor Pro Tem Fuentes. Front row from left, Commissioner Larry Burrola, Mayor Ortiz, Commissioner Dolores Amador, Councilman Breceda and Commissioner Robert Hartman.



Senior Citizen Commissioners

At the City Council meeting of January 10, 2007, the Senior Citizen Commissioners were sworn in. Pictured in back from left, Mayor Pro Tem Fuentes, Councilman Miranda and Councilman Breceda. Front row from left, reappointed Commissioner Nellie Tapia, newly appointed Commissioner Valinda Acevedo and Mayor Ortiz.

IRWINDALE ROCKS

(Previously the City Corner)

As Provided by City Staff



Irwindale's First Ski Trip

This year the Irwindale Recreation Department was pleased to offer a new adventure for the residents of the City of Irwindale. On Sunday, January 7th, they visited the Mountain High Resort in Wrightwood with their host organization "Champions". Thirty two residents took advantage of this opportunity to take beginner ski or snowboard lessons and free time to practice the skills they learned on the slopes. Of the 32 attendees 11 were 9-12 years of age; 9 were teens; and 12 were adults. It was a lot of fun, the kids loved it, the teens loved it, and the adults loved it too!



Taking a Break

Taking a break from skiing the slopes, (L-R) Alexi Hernandez, Louis Ramirez, Shane Fraijo, Alex Zepeda, Roberto Renteria, Nick Fuentes and Eric Fuentes.



The Girls Take to the Slopes

Pictured (L-R) Samantha Rosales, Stephanie Werblatsch, Audrey Zepeda and Brina Ponce.



The Boys Take to the Slopes

Pictured (L-R) Michael Davila, Pedro Rodriguez, Matthew Davila, Mikey Davila and Frank Zepeda

(Volunteers-continues from coverage)

Donated Services

Volunteers may be persons who intend to donate their services to religious, charitable or similar non-profit corporations, without contemplation of pay and for public service, religious or humanitarian objectives. The individual is not an employee of the religious, charitable or similar non-profit corporation that receives the services.

When the religious, charitable or non-profit corporation operates a commercial enterprise serving the general public, however, such enterprises are subject to the Industrial Welfare Commission orders, and persons performing services therefore would have to be employees.

In certain circumstances, a regular employee of such an organization may donate his/her services as a volunteer. Such services may not be the usual duties of the employee's job, however.

Public Project

There are times when members of a community may desire to donate their time and energies to the completion of a certain public project, such as a park or playground. The Legislature created an amendment to the state's public works laws to recognize such volunteerism.

Section 1720.4 of the California Labor Code recognizes and allows the work of volunteers on public works projects as an exemption to the prevailing wage requirements of the statute.

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8:30am – Noon

Specifying Dishwashers & Water Heaters for Energy Efficiency *♦
Tuesday, February 13, 2007 #16364
9:00am – Noon with lunch

Premium Efficiency Motors *♦
Thursday, February 15, 2007 #15822
8:30am – 4:00pm with lunch

Hot Rebates & Cool Savings for Foodservice *
Wednesday, February 28, 2007 #16348
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♦ These classes are jointly offered by California Energy Centers operated by CTAC (Southern California Edison Company), the Energy Resource Center (Southern California Gas Company, a Sempra Energy Utility), the Pacific Energy Center (Pacific Gas and Electric Company) and San Diego Gas & Electric, a Sempra Energy Utility.



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California's Minimum Wage Increases to \$7.50 Per Hour

By: Cal Chamber

California workers who earn minimum wage will see their pay increase to \$7.50 per hour starting Monday, Jan. 1, 2007. In September, Governor Schwarzenegger signed AB 1835 by Assemblymember Sally Lieber (D-Mountain View) into law which increases the minimum wage by 75 cents on January 1, 2007 and 50 cents on January 1, 2008, when it will increase to \$8.00 per hour.

"Raising the minimum wage is something I wanted to do for a long time. I am happy that this year, legislators came together to pass bipartisan, common-sense legislation that rewards California's working families without hurting our economy," said Gov. Schwarzenegger. "Since I came into office, we have added more than 680,000 new jobs, unemployment is down to 4.6 percent, and the state's revenues are up by almost \$20 billion. The California economy is booming and now is the time to make sure that everyone is sharing in this prosperity."

Employers must pay their workers the new minimum wage rate for work performed on and after the effective date of the wage rate increase. Work performed prior to the effective date is paid at the previous rate.

To provide employers and employees with information on the changes in the minimum wage, the Division of Labor Standards Enforcement (DLSE) will provide a toll-free phone line with a recorded message summarizing these changes. The number is 1-888-ASK-WAGE (1-888-275-9243) and the message is available in English, Spanish and Chinese.

According to 2005 U.S. Census Bureau data (the most current information available):

- More than 1 million Californians earned the state minimum wage or less in 2005.
- Minimum wage workers made up 6.9 percent of the 14.6 million wage and salary workers.
- Nearly 2 million California workers earned \$7.50 or less per hour.
- Young workers were more likely to earn the minimum wage than other age groups. One out of every five (19 percent) California workers aged 16 to 24 earned \$6.75 per hour or less, compared to just one out of every 20 (5 percent) workers aged 25 or older.
- Minimum wage workers were more likely to be women (56 percent) than men (44 percent).
- More than half (53 percent) of California minimum wage workers were Latino, compared to 34 percent of wage and salary workers. In fact, one out of every nine (11 percent) Latino workers in California earned the minimum wage or less in 2005.

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City of Claremont - 1616 Monte Vista Ave.

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For more information, call the L.A. County Hotline at

1 (888) CLEAN LA-(1-888-253-2652)

Small Business Consulting

- The SBDC is an economic development project of the U.S. Small Business Administration and the California Community Colleges, operating as a full service business assistance center. The SBDC services include one-on-one business counseling, loan application assistance, business development seminars, and onsite consulting.
- Please call the SBDC at 800-450-7232 to schedule your consultation, or to register for an upcoming workshop.

Upcoming Workshops

Small Business Loans

Wednesday, February 7, 2007

5:30 p.m. -7:30 p.m.

@ Irwindale Community Center

16102 Arrow Hwy

Irwindale, CA 91706

Improving the Performance of Your Employees

Thursday, February 22, 2007

5:30 p.m. -7:30 p.m.

City of San Dimas

204 N Village Court

San Dimas, CA 91773

IRWINDALE CHAMBER OF COMMERCE

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Mailing Address: P.O. Box 2307, Irwindale, CA 91706-1168
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Staff: Dominique Yates *Membership Event Manager*
Veronica Orosco *Administrative Assistant*

CHAMBER MEETINGS

Ambassadors 1st Tuesday
8:00 a.m. at the Chamber
Board of Directors 4th Monday
3:00 p.m. at the Chamber
Environmental Committee 1st Wednesday
12:00 noon at the Chamber
Luncheons 2nd Thursday
Location Varies
Business Development 1st Thursday at the Chamber
7:30 a.m.
Networking Breakfast 4th Thursday at Picasso's Cafe
7:30 a.m. - 9:00 a.m.
Toastmasters Every Wednesday at Irwindale Community
7:15 a.m. (Visitors always welcome!)

IRWINDALE SERVICE ORGANIZATIONS

Am-Vets Post 113
16124 Calle de Paseo, Irwindale, CA 91806
Meets 1st Friday at Am-Vets Park (626) 338-4440 Ben Aguayo
Irwindale Educational Foundation
P.O. Box 2307, Irwindale, CA 91706-1168
Board Meets 2nd Tuesday, 7:30 a.m. at the Chamber
Irwindale Lions Club
P.O. Box 2093, Irwindale, CA 91706
Meets Tuesdays, 11:45 a.m. at Covina Bowl
Irwindale-Salvatierra, GTO, Mexico Sister City Corporation
P.O. Box 2054, Irwindale, CA 91706
Meets 2nd Tuesday, City Council Chambers at 7:00 p.m.
Knights of Columbus
16025 E. Cypress Ave., Irwindale, CA 91706
Meets 2nd Wednesday, 8:00 p.m., at the Knights of Columbus Hall
Sociedad Progresista Mexicana, Inc.
(626) 337-1193 Antonio Salazar
Meets once a month (usually Tuesday), City Council Chambers
V.F.W. Irwindale Post 9895
P.O. Box 2054, Irwindale, CA 91706
Meets 3rd Thursday at 4117 Alderson Street, Baldwin Park, CA

City of Irwindale

City Hall
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Irwindale, CA 91706-1168

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City Council
Mayor: H. Manuel Ortiz
Mayor Pro Tem: David Fuentes
Council Members: Mark A. Breceda,
Suzanne Gomez, and Julian A. Miranda

City Council Meetings
2nd and 4th Wednesday, 6:30 p.m. at City Hall

City Staff
City Manager: Brad Baxter
Assistant City Manager: Camille Diaz
Dir. of Public Works/City Engineer: Kwok Tam
Finance Director & City Treasurer: Abraham De Dios
Director of Planning: Raymond Hamada
Human Resource Manager: Sharmeen Bhojani
Economic Development Manager: Elaine Cullen
Deputy City Clerk: Linda Kimbro

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Commissioners: Doloras Amador Larry Burrola and Arthur R Tapia

Parks & Recreation Commission
Chair: Dan Diaz Vice Chair: Belen Zepeda
Commissioners: Erlinda Duran, Paula Fraijo,
and Carol Hernandez

Senior Citizen Commission
Chair: David Martinez Vice Chair: Maggie Guzman
Commissioners: Stella Breceda,
Nellie Tapia and Patricia Trippy

Library.....(626) 430-2229
City Librarian: Pat Sullivan

5050 Irwindale Avenue Fax: (626) 430-2266
Recreation.....(626) 430-2224

16053 Calle de Paseo Fax: (626) 962-3022
Recreation Manager: Dan Grijalva
Recreation Supervisor: Carol Acosta
Recreation Supervisor: Priscilla Zepeda

Senior Center.....(626) 430-2283
16116 Arrow Highway Fax: (626) 430-2275

Senior Citizen Coordinator: Jackie Delgado
Assistant To Senior Citizen Coordinator: Sara Ponce
Service Yard.....(626) 430-2280

16034 Calle del Norte
Public Works Manager: Mike Rados

Police Department
Chief Sol Benudiz

Emergency..... 9-1-1
Phone (non emergency)...(626) 430-2244
5050 Irwindale Avenue Fax: (626) 856-0471


Los Angeles County Fire- Irwindale Station
Emergency..... 9-1-1
Phone (non emergency)...(626) 337-8919
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It is the mission of the Irwindale Chamber of Commerce to build solid relationships, provide quality services that support chamber members and businesses in order to promote the economic vitality of our community.