BUSINESS –

Our Community Economic Engine

Summer is in full bloom. The Chamber thanks the businesses for working to serve the community and each other. Together, we can achieve our full business potential by focusing and promoting the commercial and economic growth of Daly City and Colma, plus fostering civic improvements that benefit all who live, work, visit and play in Colma and Daly City. Your Chamber is truly focused on finding the effective approaches and solutions to address business opportunities and issues in today’s economic climate. Together we thrive!

We had a vibrant spring, celebrating businesses and our dynamic youth. National Small Business Week in April with its vignette mixers at Classic Bowling Center, Hyundai Serramonte, Wells Fargo Serramonte, brought collaborated and shared information on our products and business acumen. The National Business Week culminated at the Annual Business to Business Extravaganza / Taste of our Cities held at Daly City Hall with over 50+ businesses connecting and networking by sharing their products, services and information. Participating in this event strengthens our business and community.

Your Chamber is passionate about supporting and encouraging business. Yes, small business spurs development, development creates small business resulting in jobs and economic growth. But, in order to have small, medium and large businesses, we must have an educated workforce.

On May 15th, at the Annual Scholarship Ceremony, Access to Education, we honored 40 high school seniors and assisted them financially as they move to the next level of their education. Success is firmly rooted in education, not only for each individual, but for each business. The

40 Jefferson and Westmoor High School Students who received Scholarship Awards for outstanding scholarship at the 2014 Access to Education awards on May 15, 2014.

Georgette Sarles
President/CEO

>> Business Is The Engine, continues on p. 7
MISSION STATEMENT

The role of the Daly City/Colma Chamber of Commerce shall be to encourage business development and networking, providing members with useful information and services. The Chamber shall take a leadership role in promoting economic, professional, commercial and civic vitality for our communities, while seeking to preserve the unique qualities that are good for business and make Daly City and Colma very special places to live, work and do business.

MARK YOUR CALENDAR - JOIN US !*

ANNUAL BUSINESS TO CONSUMERS SHOWCASE
FREE TO THE PUBLIC
Saturday, September 13 – 10:00 a.m. to 4:00 p.m.
SERRAMONTE SHOPPING CENTER
Daly City, CA 94015

NORTH COUNTY SAN MATEO LEADERSHIP FORUM
September 12th - November 21st
8:00 a.m. - 10:00 a.m.
February 11th, Graduation Dinner
DeVry University City - Site Location Hampton Inn
2700 Junipero Serra Blvd, Skyline Room
Daly City, CA 94015

HALLOWEEN SPOOK PARADE
October 31st – 3:30 p.m.
SERRAMONTE SHOPPING CENTER
Daly City, CA 94015

Check out the Daly City/Colma Chamber Website www.dalycity-colmachamber.org for more information, dates plus photographs of past events. * All dates subject to change.

RENEWING MEMBERS

<table>
<thead>
<tr>
<th>RENEWING MEMBERS</th>
<th>YEAR JOINED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olivet Memorial Park</td>
<td>1972</td>
</tr>
<tr>
<td>Bocci Realty</td>
<td>1975</td>
</tr>
<tr>
<td>Pacific Gas and Electric Company</td>
<td>1975</td>
</tr>
<tr>
<td>State Sheet Metal Works</td>
<td>1975</td>
</tr>
<tr>
<td>CG Appliance</td>
<td>1982</td>
</tr>
<tr>
<td>San Mateo Credit Union</td>
<td>1985</td>
</tr>
<tr>
<td>Serramonte Ridge Apartments</td>
<td>1989</td>
</tr>
<tr>
<td>Spine Care Medical Group</td>
<td>1989</td>
</tr>
<tr>
<td>Commerce Holding</td>
<td>1993</td>
</tr>
<tr>
<td>Italian Cemetery</td>
<td>1993</td>
</tr>
<tr>
<td>Lagomarsino Properties</td>
<td>1997</td>
</tr>
<tr>
<td>No. Peninsula Food Pantry of Daly City</td>
<td>1997</td>
</tr>
<tr>
<td>Colma Fire Protection District</td>
<td>1998</td>
</tr>
<tr>
<td>Inn Vision Shelter Network</td>
<td>1999</td>
</tr>
<tr>
<td>Astound Broadband</td>
<td>2000</td>
</tr>
<tr>
<td>Hampton Inn - Daly City</td>
<td>2002</td>
</tr>
<tr>
<td>O’Neill Glass</td>
<td>2003</td>
</tr>
<tr>
<td>First National Bank of Northern California</td>
<td>2004</td>
</tr>
<tr>
<td>Daly City Police Officers Association</td>
<td>2005</td>
</tr>
<tr>
<td>Boulevard Café</td>
<td>2006</td>
</tr>
<tr>
<td>Elephant Bar</td>
<td>2006</td>
</tr>
<tr>
<td>Burgermeister</td>
<td>2007</td>
</tr>
<tr>
<td>Daly City Locksmith</td>
<td>2007</td>
</tr>
<tr>
<td>Holy Angels School</td>
<td>2007</td>
</tr>
<tr>
<td>Professional Healthcare at Home</td>
<td>2007</td>
</tr>
<tr>
<td>Estrada’s Restaurant</td>
<td>2008</td>
</tr>
<tr>
<td>TPC Harding Park</td>
<td>2009</td>
</tr>
<tr>
<td>American Cancer Society</td>
<td>2011</td>
</tr>
<tr>
<td>Daly City Public Library Associates</td>
<td>2012</td>
</tr>
<tr>
<td>Peninsula Del Rey</td>
<td>2012</td>
</tr>
<tr>
<td>Farmer’s Insurance - Emmanule Paje</td>
<td>2013</td>
</tr>
<tr>
<td>North Peninsula Neighborhood Services</td>
<td>2013</td>
</tr>
<tr>
<td>Sound Pediatrics</td>
<td>2013</td>
</tr>
<tr>
<td>Sterling Bank and Trust</td>
<td>2013</td>
</tr>
</tbody>
</table>

NEW MEMBERS

MAY 2014 - JULY 2014

AmeriPride Uniform Services
Baseball Without Borders Foundation
Century Auto
Fashion Arts and Youth Enterprises
Home Instead Senior Care
Jeffrey DeJesus
Better Homes and Gardens Real Estate
Kelly Moore Paint Company Daly City
N-Hance Wood Renewal
Pho Gardens Daly City
Premier Financial Alliance - Ray Tom
Prometheus Litigation Capital - Lee Allen
Providence Vocational School
Relief Nursing Services, Inc.
Sean Rabe - Town of Colma, City Manager
San Mateo County Transit District
Shell Gas Station Daly City
Veterans of Foreign Wars Post 8750

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>BOARD OF DIRECTORS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRESIDENT / CEO</strong></td>
</tr>
<tr>
<td>Georgette Sarles</td>
</tr>
<tr>
<td>Georgette’s of Westlake</td>
</tr>
<tr>
<td><strong>1ST VICE PRESIDENT</strong></td>
</tr>
<tr>
<td>Michael Joseph</td>
</tr>
<tr>
<td>Walgreens</td>
</tr>
<tr>
<td><strong>2ND VICE PRESIDENT / CFO</strong></td>
</tr>
<tr>
<td>Manny Reburaiano</td>
</tr>
<tr>
<td>Allstate Insurance</td>
</tr>
<tr>
<td><strong>SECRETARY</strong></td>
</tr>
<tr>
<td>Ross Sit</td>
</tr>
<tr>
<td>Achievers Realty Group</td>
</tr>
<tr>
<td><strong>IMMEDIATE PAST PRESIDENT</strong></td>
</tr>
<tr>
<td>John Hui</td>
</tr>
<tr>
<td><strong>SKYLAWN MEMORIAL PARK</strong></td>
</tr>
<tr>
<td><strong>BOARD OF DIRECTORS</strong></td>
</tr>
<tr>
<td>Evan Boyd</td>
</tr>
<tr>
<td>Allied Waste Services</td>
</tr>
<tr>
<td>Jonathan Cano</td>
</tr>
<tr>
<td>Comcast Business</td>
</tr>
<tr>
<td>Matthew DeVincenzi</td>
</tr>
<tr>
<td>Classic Bowling Center</td>
</tr>
<tr>
<td>Spencer Holeman</td>
</tr>
<tr>
<td>Children Empowerment, Inc.</td>
</tr>
<tr>
<td>Rebecca C. Husted</td>
</tr>
<tr>
<td>Better Home and Gardens Real Estate</td>
</tr>
<tr>
<td>Daisy Li</td>
</tr>
<tr>
<td>Moonstar Seafood Buffet</td>
</tr>
<tr>
<td>Steve House</td>
</tr>
<tr>
<td>Outback Steakhouse</td>
</tr>
<tr>
<td>Tom Minshew</td>
</tr>
<tr>
<td>Superintendent of the Jefferson Union High School District</td>
</tr>
<tr>
<td>Will Minnich</td>
</tr>
<tr>
<td>Dean, De Vry University</td>
</tr>
<tr>
<td>Lizette Tran</td>
</tr>
<tr>
<td>San Mateo Credit Union</td>
</tr>
<tr>
<td>Marie Villarosa</td>
</tr>
<tr>
<td>Serramonte Center</td>
</tr>
<tr>
<td>Ex-Officio</td>
</tr>
<tr>
<td>Hon. Adrienne J. Tissier</td>
</tr>
<tr>
<td>Director Emeritus</td>
</tr>
<tr>
<td>Hon. Albert Teglia</td>
</tr>
<tr>
<td>Chamber Staff</td>
</tr>
<tr>
<td>Felicia Leong</td>
</tr>
<tr>
<td>Sales Director</td>
</tr>
<tr>
<td>Cece Barros</td>
</tr>
<tr>
<td>Chamber Assistant</td>
</tr>
<tr>
<td>Alison Wilson</td>
</tr>
<tr>
<td>Photographer, IT Consultant</td>
</tr>
</tbody>
</table>

RESIDENTIAL LEADERSHIP PROGRAM

OFFICE HOURS

MONDAY – FRIDAY
9:00 a.m. – 4:00 p.m.

OFFICE LOCATION

355 Gellert Boulevard, Suite 138, Daly City CA 94015
650.755.3900 | www.dalycity-colmachamber.org
Matthew DeVincenzi, Classic Bowling Center

Matthew “Matt” DeVincenzi is a new member of the Daly City/Colma Chamber of Commerce Board of Directors and Director of Business Development/Parties at Classic Bowling Center. Matt is excited to join this dynamic group of individuals who share the common goal of furthering business and economic development in Daly City and Colma. He loves baseball, football, cooking and family activities. His skills as an event planner, solution orientation, attention to detail and providing stellar customer service is a true asset for the Chamber. Matt stated, “I’m so thankful for this opportunity to add my voice and vision to help local businesses in Daly City and Colma thrive. I am a recent graduate of the 2013 North San Mateo County Leadership program where I had the unique opportunity of learning about business, government and communication by listening to the wide variety of speakers that we were lucky to have.” Classic Bowling Center is a family owned and operated business focused on good wholesome fun for the community of all ages, corporate retreats, parties. It is located at 900 King Drive, Daly City, CA 94015. Call (650) 878-0300 or Fax: (650) 878-0228. Classic Bowling Center is open Monday – Friday 9:00am – 2:30am and Saturday – Sunday 8:30am – 2:30am. For more information on events and parties, please check out our website at http://www.classicbowling.com/.

MEMBER-TO-MEMBERS

Is your current uniform or linen program measuring up to your expectations?

My name is Alexandra Vetterlein (Allie for short) and I am your sales consultant for AmeriPride. With over 125 years of experience, AmeriPride is proud to be a leader in providing professional industrial apparel and service solutions, serving over 150,000 satisfied customers. We are a privately held, 4th generation family owned and operated company and customer service is what we hang our hat on. Whether it is mechanic uniforms and floor mats, to

AmeriPride
2240 W. Winton Ave
Hayward, CA 94545

Allie Vetterlein
Sales Consultant
e-mail
Alexandra.Vetterlein@ameripride.com
510-600-5928

Alexandra “Allie” Vetterlein, AmeriPride Sales Consultant

>> Member-to-Member News, continues on p. 11
2014 Aloha Golf Sponsorship Details

Place # of sponsorships desired in box below:

**King Kamehameha Sponsor — $2,500**
- Entry fee for 1 foursome • lunch, dinner for 8 • your company banner displayed on site • tee box sign displayed at a signature hole • full page advertisement in the event program • company literature distributed to all participants
- special recognition on the Daly City Colma Chamber of Commerce website • company name announced & special recognition given during dinner presentation.

**Mai Tai Cart Sponsor — $1,700**
- Entry fee for 1 foursome • lunch, dinner for 4 • your company banner displayed on the drink/snack cart • tee box sign displayed with your company name • company literature distributed to all participants.

**Luau Sponsor — $1,300**
- Entry fee for 2 golfers • lunch, dinner for 4 • your company banner displayed on site • tee box sign displayed with your company name • company literature distributed to all participants.

**Aloha Sponsor — $600**
- Entry fee for 1 golfer • lunch, dinner for 2 • tee box sign displayed with your company name.

**Hula Sponsor — $250**
- Includes lunch, dinner for 1 • tee box sign displayed with your company name.

**Rainbow Warrior — $225**
- Entry fee for 1 golfer • lunch, dinner for 1.

---

**OPEN TO THE PUBLIC**

**WALK-ONS WELCOME**

For more information and questions visit Daly City / Colma Chamber of Commerce website www.dalycity-colmachamber.org or call (650) 755-3900.

**YES! I AM INTERESTED IN BEING A SPONSOR**

NAME: ____________________________
COMPANY: ________________________
PHONE: __________________________
FAX: _____________________________
E-MAIL: __________________________

Names of Golfers:
Player 1: ________________________
Player 2: ________________________
Player 3: ________________________
Player 4: ________________________

Payment Type: □ CHECK □ CREDIT CARD □ Total $________
Visa/MC#: ________________________
Exp. Date: ________________________ Security Code: __________
Signature: ________________________

Return reservation and payment information to:
Daly City / Colma Chamber of Commerce 355 Gellert Blvd., Suite 138,
Daly City, CA 94015 or fax to (650) 755-5160.

Contributions are tax-deductible. Please contact the Chamber of Commerce at (650) 755-3900 for tax identification details.
Your Local Environmental Partner

Allied Waste proudly serves the communities of Daly City, Colma and Broadmoor with a dedicated focus on environmental sustainability and stewardship that is reflected in all areas of our local operations.

Working in partnership with our commercial and residential customers, Allied’s commitment to reuse, reduce, recycle and renew results in increased diversion, reduces the volume of waste to landfill, lowers greenhouse gas emissions, generates clean energy for local communities, and keeps waste collection rates low.

Meeting the community’s environmental needs and delivering the highest level of customer service has been our number one priority since 1953. We look forward to continuing to provide you with the most responsive and responsible waste collection and recycling services in the years to come.

On behalf of our dedicated local employees, thank you for being an Allied customer. At the curb and in your neighborhood, we’re proud to be your environmental and community partner.
13th Annual North San Mateo County leadership forum

Class Enrollment NOW Open

Fall 2014

Program Length
Friday Mornings
8:00 a.m. - 10:00 a.m.
September 12 – November 21, 2014
Graduation Ceremony Dinner
December 11

Course Fee
$550

Host Location
DEVRY UNIVERSITY
CLASS OFF-SITE
Daly City Hampton Inn
Skyline Room
2700 Junipero Serra Blvd
Daly City, CA 94015
www.devry.edu

Host Coordinator
Daly City/Colma Chamber of Commerce
355 Gellert Blvd., Suite 138
Daly City, CA 94015
phone: 650.755.3900 • fax: 650.755.5160
www.dalycity-colmachamber.org
staff@dalycity-colmachamber.org

This Leadership Forum is hosted by DeVry University, sponsored by Daly City/Colma Chamber of Commerce and coordinated by the Chambers of Commerce in North San Mateo County; Brisbane, Half Moon Bay, Millbrae, Pacifica, San Bruno and South San Francisco.

• dynamic • vital • community • future • YOU

Visit www.dalycity-colmachamber.org for more information

Revised 8/28/2014

WE’VE PARTNERED WITH THE BEST BAY AREA LEADERS TO SHARE WITH YOU.

NSMC Leadership participants experience dynamic, face-to-face meetings with key decision makers and experts on vital issues that shape the future of local communities.

WE’VE PARTNERED WITH THE BEST BAY AREA LEADERS TO SHARE WITH YOU.

NSMC Leadership participants experience dynamic, face-to-face meetings with key decision makers and experts on vital issues that shape the future of local communities.

• dynamic • vital • community • future • YOU

Visit www.dalycity-colmachamber.org for more information

Revised 8/28/2014
businesses and your Chamber support our young college bound scholars by donating $40,000 for this effort.

Thank you to the following companies and individuals for their generosity in investing in our youth:

**Senior Level Sponsors** donated $1,000 to the scholarship fund: Allied Waste (2); Allstate Insurance (1); Chiramberro Trust (1); Cypress Lawn Cemetery Association (1); Dino & Georgette Sarles Foundation (2); Duggan’s Serra Mortuary (1); First National Bank (1); Hyundai Serramonte (1); Kaiser Permanente (1); Lucky Chances Casino (13); Macy’s (1); Moonstar Buffet (1); NCP College of Nursing (1); Recology (1); Robert Lagomarsino Trust (1); Serramonte Center (2); and Westlake Village Apartments (2). The **Junior Level sponsors** donated $500: Dennis & Helen Fisicaro Family Trust and San Mateo Credit Union; thank you to Classic Bowling Center, DeVry University, Richard Lagomarsino Trust Properties and Serra Center Associates.

**Sophomore Level Sponsors** who donated $250 each: Colma Firefighters, Colma Historical Association, Colma Police Officer Association, El Camino Inn, Lake Merced Golf Club, Landmark 2000, O’Neil Glass and David Zeff.

**Freshman Level Sponsors** donated $100. Without their generosity, we would not have the opportunity and joy of applauding and encouraging our youth, the lifeline of our businesses. **Thank you.**

I want to welcome our new and renewing members! We look forward to connecting and engaging our members through thoughtful, dynamic events, programming and media platforms to build and encourage a thriving economic engine for our community.

**Membership application and benefit information can be found on-line** at [http://dalycitycolmachamber.org/Membership.php](http://dalycitycolmachamber.org/Membership.php); contact the Chamber office at (650) 755 3900 or by e-mail to [staff@dalycity-colmachamber.org](mailto:staff@dalycity-colmachamber.org). Special thanks to our new and renewing members for your support and vision.

If you are a member, **we thank you.**

If you are not a member, we invite you to join!

Wishing you a prosperous and great summer!

**LIVE / WORK**

**SHOP / PLAY**

**DALY CITY / COLMA**

Georgette Sarles
President/CEO

Daly City / Colma Chamber of Commerce
BUSINESS TO BUSINESS EXTRAVAGANZA / TASTE OF OUR CITIES
April 17th

CLASSIC BOWLING CENTER VIGNETTE
April 14th

HYUNDAI SERRAMONTE VIGNETTE
April 15th

WELLS FARGO VIGNETTE
April 16th
ANNUAL SCHOLARSHIP CEREMONY
May 15th

Thursday, May 15, 2014
6:00 in the evening
Daly City Council Chambers
333 90th Street, Daly City, CA 94015

Access to Higher Education
SCHOLARSHIP AWARDS CEREMONY

BOARD OF DIRECTORS
Georgette Sarles
President/CEO
Michael Joseph
1st Vice President
Manny Reburiano
2nd Vice President/CFO
Ross Sit
Secretary
John Hui
Past President

SCHOLARSHIP COMMITTEE
Manny Reburiano,
Chair
Will Minnich,
Co-Chair
Georgette Sarles,
President/CEO Daly City / Colma Chamber of Commerce

CHAMBER STAFF
Felicia Leong
Cece Barros
Alison Wilson

Thank you to the City of Daly City for allowing us to use the City Council Chambers and for their continued support of our projects. We would also like to thank the Colma City Council, Daly City Council, San Mateo County Supervisor Adrienne Tissier, Congresswoman Jackie Speier, State Senator Mark Leno and State Assemblymember Phil Ting.

Thank you as well to Moonstar Buffet for their contribution to this evening’s event. Thank you to Macy’s for the gift cards provided to all our scholarship recipients.

Daly City / Colma Chamber of Commerce – 355 Gellert Boulevard, Suite 138 – Daly City, CA 94015
p. 650.755.3900 e. staff@dalycity-colmachamber.org w. dalycity-colmachamber.org
Heading back to school this fall and tired of missing the bus?

Come and visit **Hyundai Serramonte** this summer to browse our wide selection of low priced, pre-owned vehicles to get you back to school the right way!

We have over 120 vehicles of all makes, models, and prices to choose from!

WHAT ARE YOU WAITING FOR?

*Providing Hyundai Excellence to our community with Value, Integrity, and Trust.*

Quick Guide In Buying Wine Without Being Overwhelmed!

Buying wine can be overwhelming. “What if I don’t like it?” “What if it’s the wrong kind?” “What if it’s (too/not) expensive enough?”

Stop worrying! This isn’t rocket science! If you don’t like it you’re only out $X.xx. Besides, most wines can have a second life, to cook with or as a salad dressing base. Here’s what you need to do:

Decide what you want to do with the wine- It’s obvious right? Wrong! Is it a gift? Is it to drink by itself? Is it being paired with a meal?

Go in your local store. BevMo, etc... Start looking and asking. There are NO dumb questions! We’ve ALL asked someone at some point! In BevMo EVERY WINE has a card on the shelf that describes the basic flavors and, or what food the wine will go with. If you’re not in BevMo, tell the person behind the counter what you’re looking for.

*For a gift- Ask friends, colleagues, or spouses what kind of wine the person likes. Try to get kinds or label names. The personal touch goes a long way.

*By itself- This is a “cocktail wine.” These wines have a lot of stand alone flavors and are usually drunk by themselves or with light finger-food. Olives, grapes, cheese...

*Meal pairing- Here’s the rule of thumb. Try to buy the kind of wine that will match the countries cuisine- Italian pasta with red sauce? Italian Chianti. Boeuf bourgignon? French Burgundy.

Q&A

Q: What’s does a high or low alcohol wine mean to me? -Julie

A: Julie - It’s good to know the alcohol level of a wine so you aren’t (over/under) whelmed. It depends on what you’re using the wine for. Cooking wine you want as low an alcohol rate as possible or it will burn quickly. Drinking too high a % too fast and you best not drive home from the party. As for the flavors... Sweet wines (Riesling, Gewürztraminer) traditionally have LOW % (5%-9%). While dry wines (Cabernet Sauvignon, Merlot, Chardonnay) (except desert wines) have a HIGHER % (12.5%-17%).

Q: Are there any good local Champagnes? –Lisa

A: Yes! But in the US (except Korbel) they must be called “sparkling wine”. Look to Carneros, Russian River, Sonoma, or Napa in particular. Most will be a blend of Chardonnay and Pinot Noir.

Questions? E-mail me at: Wineman.1001@yahoo.com.
Recology sees a world without waste™

Recology Peninsula Services
WASTE ZERO

recology.com
IT’S VACATION SEASON! KEEP YOUR HOME SAFE WHILE YOU’RE AWAY

Here’s a quick home safety checklist for you to consider as you head into the Summer Vacation Season:

1. Consider hiring a house/pet sitter. The best thing is to keep your house watched and lived in, someone to collect your mail/newspapers, items left on the lawn, and generally maintain the home.
2. Hold your mail. There’s no better signal to criminals than an overflowing mailbox that the house is empty!
3. Stop Newspaper Delivery. See #2 – a porch full of Newspapers is not a good thing!
4. Keep eyes on your property. Have a neighbor or relative stop by once in a while to be sure nothing is amiss – like those pesky advertisements left at your front door or a UPS Delivery Notice!
5. Make your home look Lived in. If you need, have your lights on timers or have a neighbor put your cans out and back on garbage pickup day.
6. Keep the Landscape trimmed. Maintain your gardener service or even add a mow or garden service while you’re gone if you tend to do it yourself when you’re home.
7. Lock up! Obvious though it may seem, it’s time to go room by room to check windows; lock deadbolts you might not normally lock; secure sliding doors and secure the interior door from your garage into the house.
8. Don’t “Advertise” your plans and dates! Remember–anyone following you on Social Media may know a bit too much about you! Be cautious of what you share on these sites and who it’s being shared with.
9. Pull the Plug on Electronics. Disconnecting power to some electronics, like your desktop computer, coffee pot & tv can save money and eliminate the worry that you’ve accidentally left them on. Turning off your garage door, or disarming the pull rope, is also an effective way to keep thieves from opening it with a universal remote.
10. Remove your spare key. That plastic rock, tiny ledge at the top of a door or under the mat or flower pot doesn’t fool anyone. If a criminal figures you’re on vacation – they likely check first for a spare key. We invested in a Lockbox – that way if we need someone to check our home in an emergency we can give them the secret code.

As a Member of the Top 5 in Real Estate Network®, I have a wealth of real estate and homeownership information that may be of help to you. Feel free to contact me any time to learn more about this important information, and be sure to forward this article on to any friends or family that may be interested as well.

Veterans of Foreign Wars
Post 8750, Daly City, CA

VFW’s members are men and women who have not only served our great country in the military but have served in a combat arena. Our motto is “Veterans Serving Veterans.” I am proud to be the post commander for post 8750 and the district commander for district 10. I get to spend time with some of the greatest men and women in the world.

Members of our post and district volunteer at numerous veteran and community events. We also attend many homecoming events for service men and women returning from deployment from assignments from around the world. Most of these assignments were in combat arenas. Through our membership dues and funds we receive in donations we are able to help support programs that not only help active duty military personnel, veterans, their widows and orphanages but also teachers, policemen, firemen, EMT’s, special needs children and adults in our local communities to name just a few. Several of our members have thousands (yes thousands) of volunteer hours at the San Francisco Veterans Hospital located at Fort Miley.

Our post members are very active in many other organizations such as the Veterans Employment Committee in San Francisco, Veterans Administration Volunteer Services, Avenue of the Flags Committee for the San Bruno National Cemetery, Viet Nam Veterans of America and the San Francisco Veterans Day Parade Committee.

Our post meets on the second Friday of every month at 10 a.m. at the War Memorial Building, 6655 Mission Street in Daly City. If you qualify and want to get involved, please stop in at one of our meetings or call me at 650 892-9932. We always welcome new members.

Rich Brugger, Commander, Post 8750 and District 10
Start your career in nursing HERE
LVN • CNA • HHA • AND MORE

South San Francisco Campus (650) 871-0701
www.ncpcollegeofnursing.edu
**HEALTH MATTERS**

**Simple Steps For A Healthy Lifestyle**

**Drink More Water:** Most of us do not drink enough water every day. Water is absolutely essential for bodily function. Greater than 60% of our body is made up of water. Water is used for transporting nutrients and oxygen to the cells and also waste removal. We lose water daily through urination, perspiration, breathing, and bowel movements, which needs to be replenished. The common recommendation of 8-10 glasses per day is sufficient for the average adult. One formula is: take your body weight (pounds) divide by two, and that is how many ounces of water to drink per day. However, if you are not used to drinking water, you may want to gradually increase over time. Sipping 2-4 ounces per 30 minutes is far more beneficial than guzzling down large amounts of water at a time. Carrying a reusable water bottle (glass/stainless steel) with you throughout the day will help facilitate periodic consumption and help the environment by reducing the amount of plastic waste. The best water to drink is either filtered or spring water. And one more note: water is H2O only, although juice, coffee, tea, are liquids and have water in them; they are not considered as water for this discussion. Asthmatics and mouth breathers will require additional water for hydration of the body.

Next issue we will discuss exercise and sleep

Yours in Health,
Dr. Vest

Dr. Ishan B. Vest, DC
Doctor of Chiropractic at the Re:Health Centre
(650) 994-4455
550 Washington St, Daly City, CA
e-mail: doctorvest@aol.com

**Nearby 20 million seniors age 65 and older visit the emergency room each year with almost a third of the visits related to injuries, many of which are sustained in their homes.**

Preventable home hazards, such as throw rugs or loose railings, can be particularly harmful, leading to falls and injuries that can impact seniors’ ability to live independently.

Martie Cruz, franchise owner of Home Instead in San Mateo and Walnut Creek since 1996 said, “The home should be the safest and the most comfortable place for aging seniors. It is critical for families to invest the time in identifying the necessary home safety modifications to ensure it stays that way.”

Senior home safety experts recommend that adult children with senior parents take at least one day each year to perform a thorough safety check of their parents’ home.

To learn more about making homes safer for seniors, call (650) 522-8009 or visit www.makinghomesaferforseniors.com.

The Home Instead Senior Care network provides personalized care, support and education to help enhance the lives of aging adults and their families. It is the leading provider of non-medical in-home care services for seniors, with more than 1,000 independently-owned and operated in the United States and 17 other countries.

The Home Instead Senior Care network strives to partner with each client and his or her family members to help meet that individual’s needs. Services include providing companionship, meal preparation, light housekeeping, personal care, specialized Alzheimer’s care, and hospice support. Also available are family caregiver education and support resources.

The Chamber of Commerce ...

... is your sales manager ... sells your city, your products, your services, to people everywhere ... develops your trade area ... and creates new markets.