

**2013** MARCH

VOLUME 1 ~ NUMBER 12

info@norwalkchamber.com

# MULTI-CHAMBER MIXER HOSTED BY THE DOUBLETREE HOTEL BY HILTON, NORWALK



Wednesday, February 27th, the Norwalk Chamber of Commerce welcomed a number of other local Chambers to our city, with a multi-chamber mixer at the Doubletree Hotel. Guests were greeted by entering into a magical fairy kingdom, alive with many Doubletree staff wearing green fairy wings and floating from place to place to welcome all to their amazing reception area. Tables were decorated in a variety of designs to showcase all of the wonderful looks the hotel offers to those that use their banquet facilities. Executive

Chef Mario prepared a wonderful array of appetizers that everyone delighted in. From slider burgers, cheese trays, avocado shooters and dessert, it was all wonderful. There was even a fairy princess or two inside the banquet rooms, again showcasing many different table settings and linens that are available to you when you want to have an elegant classy event!

We thank the Santa Fe Springs, Downey, Commerce, and Montebello Chambers for joining the Norwalk Chamber in this great event! Special thanks to Joseline





Nucum and Christine Consunji-Chen for hosting this enchanting event! Seen at the scene were Norwalk Chamber Members Gary Murphy, Norwalk Florist; Don Skala and Teri Bazen, Norwalk La Mirada Plumbing; Carmen Lizarraga, Southeast ROP; Larry Lee, SELACO WIB; Vickie Yahn and Alma Vargas, Service Masters; Sue Arthur, Gordon





Stefenhagen, Norwalk Realty; Marilee Stefenhagen & Liliana Rivas, Norwalk Soroptimist; Joseph Derthick, AFLAC; Laura Zolnekoff and Carolyn Reggio, CAPC; Lupe Hernandez, El Clasificado; Council Member Marcel Rodate, Michael Batory, Walgreens, and Executive Director Vivian Hansen.

Don't Miss An Event!

# www.NorwalkChamber.com

# Norwalk Community Hospital Celebrate Grand Opening of Health Clinic



On Saturday, February 23rd, The Norwalk Chamber of Commerce joined with Norwalk Community Hospital to hold a Ribbon Cutting and Grand Opening for Shine Health Clinic Medical Center welcoming them to the Norwalk community. The clinic conveniently located at 12371 Imperial Hwy. in the Civic Center Plaza, is open for business and ready to serve the residents of Norwalk.

The event started with a Ribbon Cutting ceremony featuring Norwalk Mayor Cheri Kelley, who presented a City of Norwalk Business Spotlight Award, followed by Norwalk Chamber President Lynda Fisher of Walmart, who presented a Grand

Norwalk Chamber of Commerce 12040 Foster Road, Norwalk, CA 90650

Opening plaque. Once the Ribbon was officially cut, the day proceeded with many businesses offering free health screenings, entertainment, raffles and a live band.

The Norwalk Chamber of Commerce congratulates Shine Health Care Medical Clinic on their Grand Opening and wishes them much success here in Norwalk.



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# MESSAGE FROM THE PRESIDENT



Even though February was a short month, the Norwalk Chamber members were quite busy. We attended the Norwalk Mayor's Prayer Breakfast and the annual State f the City Address. Both events wee well attended and City Manager Mike Egan provided those in attendance with an update on many issues.

I am pleased to announce that the Norwalk

Chamber is starting a Women In Business Council for Norwalk Chamber members in partnership with the Lakewood Chamber of Commerce. The Women In Business (WIB) is a group of professional, entrepreneurial women who mentor and support each other through monthly meetings, using social media, formal and informal networking as well as special events. We will be meeting once a month with the overall goal to offer resources, encouragement and support to women in business management or who have an entrepreneurial spirit.

The benefits for Norwalk Chamber members include allowing us to better serve women in business, offer additional networking opportunities for local business women, and strengthen existing business relationships.

We will be holding the first planning meeting here in the Chamber office on Wednesday, March 13 at 11:30 am. We want to hear from you, the members, what resources you need to make your business the best it can be. We can all promote our business, share our inspirations and aspirations and encourage partnerships whenever possible. Please call the Chamber office at 562.864.7785, speak with Vivian so we can reserve you a space. For now, please feel free to bring along your sacked lunch as we share our wisdom.

Lynda Fisher President Norwalk Chamber of Commerce

**MARCH 2013** 

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### Norwalk **Chamber of Commerce**

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**MEMBERSHIP SERVICES DIRECTOR CAREN SPILSBURY** 

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# **NEW & RENEWING MEMBERS**

# **Renewing Members**

The following companies and individuals renewed their membership with the Norwalk Chamber of Commerce and the services we provide are made possible by their support.

35 Years

Norwalk Elks #2142

562-868-6603

26 Years **SELACO WIB** 

Larry Lee 562-402-9336

17 Years **PIH Health** 

Monique Rodriguez 562-698-0811

Norwalk Vacuum Cleaner & Sewing Machine, Inc.

Bill Scanning 562-864-7781

562-945-1785

15 Years Juan Great Fiesta Robert Blake

14 Years **Norwalk Printing & Graphics** 

Steven Ives 562-864-3216

Pawnmart Jewelry & Loan C. Rae Goldsmith

562-929-2377

12 Years Dr. Ethan Allen, D.O. Osteopathic Medical Clinic

7 Years Fiesta Taxi Erica Hernandez 310-851-5005

562-868-7873

Susan Arthur **Community Member**  Juan Great Fiesta

Robert Blake 562-945-1785

**Scoreboard Sports Bar** 

Michelle Herrick 562-864-4044

3 Years

Central Basin Municipal Water District

Tammy Hierling 323-201-5510

Starbucks

Angela Marksbury 562-807-3715

# **MEMBER TO MEMBER DISCOUNTS**

The Member-to-Member Discount Program is a special Chamber program that encourages members to do business with fellow Chamber members. The program helps our members to save money and to increase their exposure. These businesses are offering discounts to Norwalk Chamber Members. Your current Chamber Membership Card must be presented when requesting the discount

**CAR SALES** 

BUDGET RENT-A-CAR AND TRUCK & SALES Phil Arey OR Craig Wicks

12541 Rosecrans Ave.

Norwalk (562)407-2800 \$500 Gas Voucher with purchase of car.

**LODGING** 

**RED LION HOTEL** Yani Lopez

1850 S. Harbor Blvd Anaheim (714) 383-6185 \$79 Single-Double Occupancy + 17% Occupancy tax & \$1 CA Tourism Resort Fee. Includes 2 full breakfasts and Parking. Call:

1-800-733-5464 Pride Rate code: CM6

<u>PAINT</u> DUNN EDWARDS PAINTS

Mark Campos 12125 Imperial Hwy, Unit B Norwalk (562) 864-7162

(in Paddison Square - next to Applebee's) A 40% discount on paint only. It's Simple - Just mention that you ara Norwalk Chamber

**SEWING & VACUUM SERVICES** NORWALK VACUUM & SEWING MACHINE -SALES & SERVICE **Bill Sanning** 

14529 S. Pioneer Blvd. Norwalk (562) 864-7781

15% OFF on service for vacuum & sewing machines.

**FLORIST** 

**NORWALK FLORIST Gary Murphy** 

floral orders.

11947 Firestone Blvd. Norwalk (562) 863-4478 www.floristnorwalk.com 15% discount off all telephone or walk-in

**OFFICE MACHINES** 

FIRST CLASS COPIERS Isaac or Tammie Downey (562) 928-5091 10% off First Service Call

10% off 1st Supply Order

PAYROLL SERVICES

PAY ADVANCE PAYROLL

Payroll Services.

Dean Harako 721 W. Whittier Blvd. Ste. O La Habra (562) 697-7920 New Clients receive one month of Free

TIRE SERVICES PRO TIRE & PREMIER TIRE

Rudy Garcia 16102 Pioneer Blvd Norwalk (562) 404-8558 No Sales Tax on Purchases. **BICYCLE SHOP/PARTS** 

PAT'S 605 CYCLERY **Ron Patterson** 

12310 Studebaker Road Norwalk (562) 864-0740

10% of all products. Show Chamber Membership Card for Discount.

**HALL RENTAL** 

NORWALK MOOSE LODGE

Don Luepritz

11305 Imperial Hwy. S. Whittier (562)864-6867

\$100 off Hall Rental + 1/2 off Yearly Membership - only \$30 Call for more details

**OPTOMETRIST** 

Dr. PAUL S. CRISMAN, O.D.

Jackie Garcia 13800 San Antonio Dr. Norwalk (562)864-6535 15% off Eye Exam & Glasses

<u>PLUMBING HVAC</u> NORWALK/LA MIRADA PLUMBING **HEATING & AIR CONDITIONING** Teri Bazen 11661 Firestone Blvd

Norwalk (562) 868-7777 5% off all work

TROPHIES/AWARDS

WEST GROVE TROPHIES Esmeralda Gallardo 15602 Graystone Avenue

On orders of \$100 & up.

Norwalk (562) 650-0838 10% off first order. 15% off for schools &

# CAPC, Inc. & DoubleTree Hotel present...Kaleidoscope 2013

On May 1, 2013 from 4:00-7:00pm, 5 local chambers of commerce will join together for the 11th annual Kaleidoscope Fundraiser. Called "Kaleidoscope," this colorful blend of five cities will offer chamber and community members five times the networking opportunity! Not to mention a ballroom full of excellent shopping opportunities and tasty samplings of local restaurants and caterers!

Represented at the mixer will be chamber members from the cities of La Habra, Norwalk, Pico Rivera, Santa Fe Springs, and Whittier. Each chamber has been assigned a color: La Habra is yellow, Norwalk is red, Pico Rivera is blue, Santa Fe Springs is green and Whittier is orange. City residents, business people and chamber members are encouraged to show their city pride by wearing clothing or accessories that correspond with the color of their chamber. Each chamber will host a table providing information on membership and upcoming events.

In addition to great chamber networking, the event also features hundreds of silent auction items to bid on. The DoubleTree Hotel Norwalk and other local food vendors will provide delicious appetizers for guests to enjoy, including no-host bars. Guests will also be treated to entertainment by RMH Dance & Production.

Businesses and community members can support this event many different ways. They can donate items to the silent auction, serve as a Corporate/Family/Friend Sponsor for 

\$100 and receive signage at the event and in the printed program or come with coworkers, family or friends to network and shop with us on May 1st! All the proceeds from the silent auction, raffle and Corporate/ Family/Friend Sponsors will go directly to supporting the services provided by CAPC, Inc., an organization which specializes in empowering individuals with disabilities to maximize the quality of their lives in their homes and communities.

The Doubletree Hotel Norwalk is located at 13111 Sycamore Drive, Norwalk, CA 90650. For additional information contact Erin Hodges at hodgese@capcinc.org or (562) 693-8826 x3007.

# DON'T MISS THESE UPCOMING EVENTS!

Tuesday - March 12, 2013 - Norwalk Chamber of Commerce St. Patrick's "Shamrock Bowl" - 4:00pm - 7:00pm Keystone Lanes, 11459 E. Imperial Highway, Norwalk. Call (562) 864-7785 to sign up!

Wednesday - May 1, 2013 - Kaleidoscope 2013 - 5 Chamber Mixer & Silent Auction - 4:00pm - 7:00pm

For More Information, please call the Norwalk Chamber of Commerce at (562) 864-7785

# MESSAGE FROM THE EXECUTIVE DIRECT



### **BUSINESS VOLUNTEERS WANTED!**

On March 14, in a partnership with the City of Norwalk and Norwalk High School, the Chamber will be assisting with a special program for students called Positive Outlook to provide positive alternatives for high school students on the brink of some of the most important choices in their lives. Topics to be covered include school safety issues, cyberbullying, setting goals, and making positive choices.

I am looking for Chamber Members who are interested in serving as Assembly Participants and/or Business Mentors to the students. At the event, the Business members will participate in breakout session, assisted by HS staff members, with small groups of students to assist in two exercises. Your role at the event in the breakout sessions will be to do a short presentation: short bio/background, "how you stated in business, how you set goals, what keeps you positive, how you overcome struggles and what success means to you." Your role here is supportive only.

The event will be held from 9 am to noon on Thursday, March 14th at Norwalk High School. They are also soliciting donation of raffle prizes to be used to encourage students to foster discussion. (We all love a bit of encouragement.) And cash donation would also be appreciated as they wish to purchase snacks and drinks for the students. If you are interested, please call me ASAP so I can answer your questions and sign you up! I know it will be a rewarding experience. - Vivian Hansen

# Congresswoman Linda Sánchez to Lead Tax Reform **Working Group on Manufacturing**

Congresswoman Linda Sánchez (CA-38) has been named Ranking Member of the House Committee on Ways and Means Manufacturing Tax Reform Working Group. Congresswoman Sánchez and Chair Jim Gerlach (R-PA) will lead this working group in reviewing current tax law regarding the manufacturing sector and report back their findings to the full House Committee on Ways and Means.

"American manufacturing has seen a

huge resurgence over the past 33 months, and we need to do all that we can as lawmakers to encourage more job creation," said Congresswoman Sánchez. "With almost 500,000 new American jobs in manufacturing, we need a tax code that supports the manufacturing sector and helps get more hard working Americans back on the job. I am honored to lead this working group with Chairman Gerlach and I look forward to finding common sense tax reforms that

create more American jobs in manufacturing." In addition to this announcement by the House Committee on Ways and Means, Congresswoman Sánchez was yesterday named to the Congressional Hispanic Caucus Task Force on Financial Services, Manufacturing and Commerce.

Background

As part of her service on the powerful House Committee on Ways and Means, Congresswoman Sánchez also serves on the Subcommittee on Select Revenue Measures. which has jurisdiction over federal tax policy. In the 113th Congress, the Subcommittee on Select Revenue Measures will be in charge of drafting a comprehensive overhaul of the tax code. Congresswoman Sánchez also serves on the Subcommittee on Oversight, which oversees all programs within the jurisdiction of the full Ways and Means Committee. This includes oversight of the Internal Revenue Service (IRS) and the Treasury Department.

# LABOR LAW CORNER

Vacation Earnings Cap Should Allow Enough Time to Use Vacation

Question: What are the time limits and criteria applicable to a vacation earnings cap? California Labor Code Section 227.3 spells out that whenever a contract of employment

provides for paid vacations and an employee is terminated without having taken vested vacation time, all vested vacation shall be paid to the employee as wages at the final rate

**Paid Vacation Not Required** 

The California Supreme Court in Suastez v. Plastic Dress-Up Co. (31 C3d 774) makes clear that, upon termination, an employee must be paid for the pro rata share of his or her vacation that has accrued through the termination date.

Neither the statute nor case law requires that an employer provide vacation benefits. The law addresses only the requirements that a vacation plan, if offered, must meet.

Although the law makes it clear that vacation plans may not have a "use it or lose it" provision, the Labor Commissioner has opined that a vacation policy may establish a cap on the amount of vacation that may accrue, if not taken.

Whatever the amount an employer establishes as an earnings cap, however, the employee must have a reasonable period to get below the cap. During that period, the employee

would continue to earn vacation.

For instance, if an employee earns 80 hours vacation in an earning year, the cap could not be set at 80 hours because the employee would not have had any opportunity to get below the cap after earning the vacation amount.

The Labor Commissioner takes the position that prohibiting employees from accruing additional vacation during this period would violate Section 227.3 of the Labor Code.

Once the employee gets below the cap, accrual begins anew and vacation time is replaced up to the ceiling or "cap" imposed by the terms of the employment contract or policy.

The purpose of the cap is twofold:

to encourage the employee to take vacation time off; and

to prevent an employee from continuing to accrue vacation without taking time off, thus leaving the employer liable for unexpected extended leave periods or substantial unanticipated payments.

The Labor Law Helpline is a service to California Chamber of Commerce preferred and executive members. For expert explanations of labor laws and Cal/OSHA regulations, not legal counsel for specific situations, call (800) 348-2262 or submit your question at www. hrcalifornia.com.

### U.S. Requires Poster Change for Employers of 50 or More

Employers with 50 or more employees are required to display an updated federal family leave poster starting March 8.

The final rule outlining the requirement was issued just last week by the U.S. Department of Labor (DOL) to implement federal laws expanding Family and Medical Leave Act (FMLA) protections.

The FMLA applies to employers with 50 or more employees. The FMLA changes were legislated by the National Defense Authorization Act for Fiscal Year 2010 and the Airline Flight Crew Technical Corrections Act (signed in 2009).

The regulations were issued for public comment February 15, 2012, and the comment period closed on April 30, 2012.

**Family Leave Notice Change** http://www.calchamber.com/Store/Products/Pages/California-Employment-Poster.aspx?cid=943 The final regulation requires a change to the federal FMLA notice/poster entitled "Employee Rights and Responsibilities Under the Family and Medical Leave Act," prepared by DOL

This is "Notice C" on the California Chamber of Commerce California and Federal Employment

All covered employers (50+ employees) must display the poster summarizing the major provisions of the FMLA and telling employees how to file a complaint.

The poster must be displayed in a conspicuous place where employees and applicants for employment can see it. A poster must be displayed at all locations even if there are no eligible

The FMLA includes a special leave entitlement that permits eligible employees to take up to 26 weeks of leave to care for a covered servicemember during a single 12-month period.

### **Definition Clarified**

The revised federal FMLA poster clarifies that in addition to those currently serving, a "covered servicemember" also includes veterans discharged in the last five years.

Among the mandatory revisions on the federal poster is a note that the FMLA definitions of serious injury or illness" for current servicemembers and veterans "are distinct from the FMLA" definition of 'serious health condition."

A second mandatory note states that special hours of service eligibility requirements apply to airline flight crew employees.

Although the new poster has a revision date of February 2013, the DOL specifically noted that employers may either start using the new poster immediately or may use the old FMLA poster through March 7, 2013.

Changed requirements taking effect on March 8, according to the DOL, include "military caregiver leave for a veteran, qualifying exigency leave for parental care, and the special leave calculation method for flight crew employees."

## **Revised Poster**

The California and Federal Employment Notices Poster with the revised federal FMLA Notice C is available for purchase at www.calchamberstore.com

The mandatory changes to the FMLA Notice C affect: private-sector employers, with 50 or more employees in 20 or more workweeks in the current or preceding calendar year, including a joint employer or successor in interest to a covered employer; public agencies, including a local, state, or federal government agency, regardless of the number of employees; or public or private elementary or secondary schools, regardless of the number of employees.

Customers who purchased the Poster Protect® option will receive a replacement poster, paying no shipping, handling or tax for the FMLA notice update.

# **WORKPLACE SAFETY - HOW TO CREATE A DISASTER PLAN**

If a earthquake, tornado, or flood struck your business today, would you know how to take cover? If a fire started in your building, chemicals spilled or a terrorist attack occurred, do you have an escape route? Would your employees know what to do?

Creating a disaster plan for your business will not only help you and your employees manage an emergency, but it will also allow you to resume normal operations more quickly after an incident occurs

'You cannot deal with any type of accident or incident without preparation," says Ed Foulke, former head of the Occupational Safety and Health Administration and former chair of the OSHA Review Commission. Foulke, who now co-chairs the Workplace Safety & Catastrophe Management Practice Group at Fisher & Philips LLP law firm in Atlanta, suggests creating policies for both natural and manmade disasters.

Follow these guidelines from Foulke to create a disaster plan for your small business: **Appoint First Responders** 

Every policy should designate at least two people to be in charge in the event of a disaster. That's in case one person is absent or is hurt. They should know any necessary evacuation routes or where to take cover, and they should know procedures for accounting for all employees. "People need to feel like someone is in charge. Those people have to be trained to know how to handle the scenario," Foulke says.

## Create an Investigative Team

All business owners should craft a plan with the assumption that someone is going to get hurt at work—especially from a manmade disaster, such as a chemical spill. So you should designate a team that will investigate injuries and deaths in the workplace. Decide who is going to record a timeline of events, make a report and propose and implement recommendations. "Even if police are doing something, you want to make sure you get the facts right," Foulke

says. "Business owners have to be concerned that employees don't jump to conclusions."

**Address Employee Concerns** 

No matter the emergency, you'll need to address employees' concerns promptly and efficiently. Create a phone tree to make sure lines of communication stay open. Make a work schedule that outlines procedures for employees who must remain to control critical operations if necessary. And designate counselors you might use to help employees and employees' families grieve over the loss of an individual.

### **Back up Vital Records**

Having copies of your paper and digital records will allow you to get your business up and running as quickly as possible after a disaster occurs—even if it's just a temporary satellite operation. Ready.gov advises businesses to back up computer software, insurance policies, lists of inventory and equipment, lists of vendors and contractors, bank account records, site maps and copies of the emergency plan both on and offsite. In the disaster plan, make note of the location of such records and the individuals responsible for them.

### Plan for the Media

No one wants to think about this. But if a serious disaster occurs—especially if someone gets killed—reporters may come knocking at your door. Never refuse to comment, Foulke says, because it looks like you don't have the situation under control. Instead, deliver a carefully worded response. "I find that it's important that you respond quickly, proactively and have a unified message when dealing with an issue," he says.

Of course, these guidelines aren't exhaustive—there are many precautions you should take when preparing for possible disasters. Once you have a plan in place, don't forget to train your employees. If an emergency occurs, you'll have a solid shield in place to protect your business.

## 10 TIPS FOR BETTER TIME MANAGEMENT

What's the one thing that small business owners never seem to have enough of? No, it's not customers, inventory or capital—it's time. If you're constantly wishing that there were more than 24 hours in a day, try these 10 tips to better manage your time.

Harness your natural rhythms. Do you notice that you have more energy in the mornings, or that you're most creative late at night? Whenever possible, take advantage of these natural energy cycles. For instance, if you're more energetic in the morning, schedule key tasks such as client meetings, brainstorming sessions or long-range planning then.

**Choose a scheduling system.** Having your to-do list and appointments written down in multiple places causes confusion. Create one electronic calendar you can access anywhere, such as iCal, Outlook or Google Calendar, and put all your commitments there. Simplify scheduling by sharing it with your assistant.

**Make appointments with yourself.** Important but non-urgent tasks like strategic planning often get pushed aside by urgent tasks like dealing with a customer crisis. Set aside time each week to work on long-term issues in your business, and treat this time as you would an appointment with your biggest customer.

**Manage interruptions.** Interruptions can't be avoided, but they can be managed. Try building in a 15-minute cushion between appointments to account for interruptions; closing your door for a set time each day so you can focus; and turning off sound alerts on your computer so you don't get distracted every time a new email arrives.

**Get a grip on email.** Try checking your email just three times a day—in the morning, before lunch and in the late afternoon. Train your team to eliminate unnecessary emails and

avoid "reply all." Consider holding a "no email" day (or afternoon) once a week so people can focus on work uninterrupted.

**Limit meetings.** Hold meetings only when necessary and keep them as brief as possible. (Holding meetings standing up can encourage brevity.) Start on time, and people who are habitually late will quickly learn to show up on time.

**Use technology.** There are apps to help you do everything faster, from scanning receipts to sharing contact information to taking notes and more. Search "business productivity apps" online, and ask your colleagues what apps they rely on, to find the best ones for you.

**Pare down.** Are you participating in organizations, reading industry publications or using outdated processes that no longer add value to your business? Look for ways to simplify and streamline, whether by canceling memberships, unsubscribing from emails or revamping business processes.

**Delegate.** Trying to do everything themselves is a common time-waster for small business owners. Determine which tasks only you can perform, then train your employees to take over the rest. Yes, training will take a little time upfront, but it will save you time in the long run.

**Get enough rest and exercise.** It sounds counterintuitive, but taking time out to exercise and get adequate sleep will give you the energy to get through your day more effectively and productively.

Rieva Lesonsky is CEO of GrowBiz Media and also works with the Los Angeles Regional Small Business Development Center Network.

# 4 WAYS TO STOP FEELING OVERWHELMED

Feeling like you're always running from one thing to the next, yet not getting anything done? The problem might be how you're viewing time, says Elizabeth Grace Saunders, author of the new book, "The 3 Secrets to Effective Time Investment" and founder of Real Life E, a time-coaching and training company.

"If you find yourself apologizing all the time, you probably have unrealistic views of reality because you can't deliver on what you committed to do when you committed to do it," she says. Here are four steps to getting out of this trap.

- 1. Get real. "What I often see happen is that people will subconsciously recognize that they're facing an impossible task, but instead of stepping back and assessing what's realistic, they frantically plunge into activities in a desperate attempt to defy reality," Saunders says. But as she points out, "reality always wins." Try keeping track of exactly how long activities take. If a report usually takes you two hours to write, you can't write 20 in a day. Accept that fact.
  - 2. Bail on what you can. "Decide what you can say 'no' or 'not now' to and get it off your

list ASAP," says Saunders. "It's better to get out of commitments early and often that aren't aligned with your highest priorities and realistic expectations than to fail to deliver or burn yourself out in the process."

- **3. Sleep.** It seems counterintuitive, but spending more time sleeping when you feel you have too much to do is actually smart. Being tired contributes to a sense of hopelessness. "When you have enough sleep, you'll feel better, handle stress better, make better decisions and work more effectively," says Saunders. "Figure out whatever is holding you back from getting enough sleep and take care of that issue first. Once you start sleeping regularly, you can move on to the other items."
- **4. Become a creature of habit.** Routines "reduce the number of decisions you make each day," says Saunders. "If all the basics of life are automatic" -- when you sleep, when you plan, when you answer email -- "you're better able to handle changes and to get more done in less time without forgetting anything or feeling overwhelmed."

# MEMBER SPOTLIGHT

"Support the Businesses that Support Economic Growth in Norwalk"



# PROFESSIONAL MAKEUP NYX Cosmetics are sold not only in the United States,

NYX Cosmetics are sold not only in the United States, but around the world. One of the unique things about this company is that all of their make up is "Cruelty Free." This means that NYX Cosmetics is certified and acknowledged by organizations, such as PETA, as a cruelty free brand that is committed to producing 100% of its cosmetics cruelty-free. NYX does not test any of its raw materials or finished products on animals. As a member of the Norwalk Chamber for over five years, NYX takes advantage of one of their member benefits of free Certificates of Origin! For those that ship overseas this is a great membership advantage. You can visit their website at www.nyxcosmetics.com to view their products or make purchases of their merchandise.



### WORLD'S GREATEST PIZZA™ SINCE 1954

Sherwood "Shakey" Johnson opened the first Shakey's Pizza Parlor® in a remodeled grocery store on 57th and J Street in Sacramento, California in 1954. Originally established as "ye public house" for pizza & beer, Johnson indulged his passion for Dixieland jazz and added live ragtime music to mix, featuring banjos and player pianos throughout his rapidly expanding franchise. As the concept caught on, the Shakey's name became synonymous with the World's Greatest Pizza™ along with light-hearted slogans such as "You'll have fun at Shakey's, also pizza," and "You can feed your face at any old place, but you can warm your heart at Shakey's."

"If you grew up near a Shakey's, chances are you have been to a few birthdays, anniversaries, post-game, retirement, office, sports, heck even wedding parties at Shakey's." Our restaurant is designed for large groups and our food is perfect for sharing, so have your next great event with us. Our Norwalk Restaurant is located at 11403 Firestone Blvd. Our phone is 562-864-2512. Come on by.



Looking for that perfect flower girl dress, communion or pageant dress or even boys formal wear? Dress for Princess is the place to start looking. You can visit them online at www. dressforprincess.com to find beautiful formal wear for the young girls and boys. As a member of the Norwalk Chamber of Commerce for the last five years, owner Don Lee has grown his company successfully. Additionally they offer all different accessories to go with their formal wear and make each outfit perfectly coordinated. Be sure and look for their daily specials when you visit their website!

# NORWAYK © TOYOTA

Hello, and welcome to Norwalk Toyota, where we are committed to providing drivers in Los

Angeles County a rewarding Toyota shopping experience. At Norwalk Toyota, you will discover an incredible selection of beautiful brand-new Toyota automobiles, a fantastic collection of affordable and dependable pre-owned vehicles, and an excellent team of Toyota experts who will always be by your side during your stay. Our main priority is absolute customer satisfaction for Los Angeles drivers, whether you need help finding that trusty Toyota to accommodate the demands of your everyday life, or seek expert service or repair for your current vehicle.

Our exceptional customer service starts here, where our interactive website allows you to explore every aspect of Norwalk Toyota from the comfort of your own home or office. Use our convenient research tools to explore all the exciting new and used Toyota models available at our dealership. Fill out a request form for a service appointment online to receive professional service and repair from the Toyota Certified Technicians at our excellent service department. If you have any questions regarding our great inventory, or any of the services we provide here at Norwalk Toyota, you can visit our Contact Page and send us your inquiry online. We will reply to all of your questions and concerns as soon as possible.

For an awesome selection of new and used Toyota vehicles and reliable expertise, visit Norwalk Toyota. We proudly serve drivers from Long Beach, Anaheim, Los Angeles and surrounding communities.

Our convenient location in Norwalk, CA, provides drivers throughout Los Angeles County easy access to our great Toyota dealership. For more information, just contact one of our friendly team members, and we'll be glad to show you the way to Norwalk Toyota in the Los Angeles area. Our store is west of I-5, and east of I-605, located on 11404 Imperial Hwy, Norwalk, CA 90650. Telephone 562-677-1329

# Dr. John Larcabal

Dr. Larcabal's family eye care clinic is a full-service, state-ofthe art eye clinic with caring, compassionate professionals who are dedicated to helping Norwalk area families preserve their precious gift of sight. At our office, you will find the most advanced technology along with the highest standard of care. Our optometrists examine eyes for both vision and health problems, and will correct your blurry vision with glasses and/ or contact lenses. If you wish to be free of eyewear altogether we can co-manage your laser procedure (LASIK). Here at Dr. Larcabal's office you can count on us for all of your eye care needs- including eye infections and eye diseases. We are able to write prescriptions for medication to treat infections and your medical insurance can be billed for the office visit. From a pair of contacts to the removal of a piece of metal from vour eye—we do it all! We are located at 12029 Firestone Boulevard, Norwalk. Telephone 562-868-8233.



El Clasificado is a free Spanish language publication in the Los

Angeles Metropolitan Area. El Clasificado is published to serve the shopping needs of the Spanish speaking community of Southern California and we now serve Central California. Our Classified Section features advertising for real estate, automotive services, general products & services, automotive sales, business opportunities, employment opportunities, home improvement services, professional services, miscellaneous services, rentals, free community events & services and more.

El Clasificado also provides editorial that teaches, inspires and empowers Latinos to learn to make life better for themselves, their families and communities. It is informative and educational to the Latino community: features on parenting, self improvement, health, immigration issues, how to become a U.S. citizen, small business, education, introduction to the internet, recipes, home improvement, sports, travel, movies, music, culture, free or low cost classes and community events. Our weekly circulation is over 500,000 with over 1.5 Million weekly readers. We are published every Wednesday and distributed in over 290 cities. El Clasificado is delivered through more than 22,500 locations. This includes contracted racks in supermarkets, retail stores and res-taurants and street racks in densely populated Hispanic residential communities. We are located in Norwalk at 11205 Imperial Hwy. Telephone 323-837-4075.