



Westmorland Chamber of Commerce NEWS LETTER/JANUARY 2011



*In Observation of the Martin Luther King Jr. Holiday City Hall will be **CLOSED** on Monday, January 17, 2011. We will return to our normal office hours on Tuesday, January 18, 2011.*



Palo Verde Disposal will be picking up Christmas trees on regular trash day. Put small trees in green cart, place larger trees next to the cart.

*Trees must be free of all decorations (including tinsel) and stands.

Seniors Meeting

All Seniors are invited to a reorganizational meeting on January 20th, 2011 at 10:00am. This meeting will take place at the Immaculate Mary's House located at 146 East 6th Street, here in Westmorland.

For more information you can contact Richard or Susie Marques at (760) 351-1961.

Santa Makes a Special Stop In Westmorland!



Santa went around town on the Westmorland Fire Truck, handing out candy stockings and Stop by for a visit to our local daycares and Westmorland Elementary School.



Up Coming Community Events

- January 5th City Council Meeting 6:00pm, Council Chambers.
- January 7th Farmers Market - Downtown El Centro 6:00pm to 10:00pm for more information or to participate contact Susan Bucher at (858) 692-3268.
- January 8th Welcome Back Snowbirds Pancake Breakfast – Stark Field Park, El Centro corner of 4th & Lenrey St. – 8:00am to 10:00am. For more information or to participate contact the El Centro Chamber at (760) 352-3681.
- January 13th Imperial Valley Joint Chambers of Commerce 2011 Business Showcase – Imperial Valley Expo 200 E. 2nd Street, Imperial Ca. 3:30pm to 7:30pm For more info contact your local Chamber of Commerce.
- January 15th 14th Annual ISRDA Martin Luther King Weekend Cleanup North Dunes – Glamis Flats, Gecko Rd, Oldsmobile Hill, Roadrunner & Wash Rd. South Dunes – Gordon's Well, Buttercup, Midway, Ogliby Camp. Registration: 8:00am to 12:30pm Prize Giveaway until done. Festivities include: Free T-Shirts, lunch, thousands of dollars in prizes and much more.
- January 19th City Council Meeting 6:00pm Council Chambers.
- January 21st Farmers Market - Downtown El Centro 6:00pm to 10:00pm for more information or to participate contact Susan Bucher at (858) 692-3268.
- January 22nd Justin Lofton's Inagural Charity Golf Tournament – Del Rio Country Club 102 E. Del Rio Dr. Brawley, Ca. Registration starts at 9:30am to 10:45am. Pre tournament ceremonies 10:50am Tournament begins at 11:30am.

If you have any events or info you would like to include in our monthly newsletter contact City Hall at the number listed below.

healthbeat

THE LATEST HEALTH NEWS AND WHAT IT MEANS TO YOU

* THE FINDINGS: More of us are heavier.

Using body mass index (BMI), a measure of whether a person's height and weight are proportional, the National Institutes of Health estimates that 28 percent of Caucasian women and nearly 38 percent of Hispanic women are obese. But according to research using World Health Organization guidelines, which focus on percentage of body fat, as many as half of white women and two-thirds of Hispanic women may actually be obese.

WHAT YOU SHOULD DO: If you're overweight, work your way to a healthier weight. Search online for healthy recipes at sites like the Centers for Disease Control and Prevention (www.fruitsandveggiesmatter.gov). To burn calories, you need to exercise. Check your local YMCA or another organization to find an activity you enjoy, or simply head outdoors and start walking.



* THE FINDINGS: Women need to cut back on carbs.

An Italian study finds that women who eat lots of high-glycemic carbs, such as white bread and white rice, may be doubling their risk of heart disease compared to those who eat less of these types of food. High-glycemic index foods, which are quickly converted into sugar in the blood, increase the concentration of triglycerides (a type of blood fat) and decrease good HDL cholesterol.

WHAT YOU SHOULD DO: Aim for low-glycemic carbs, such as whole grains, instead. Whole grains are an excellent source of fiber and contain many nutrients that help control blood pressure and boost heart health.



* THE FINDINGS: You may be working yourself to death.

According to Finnish researchers, people who put in three or more hours of overtime a day increase their risk of dying from heart disease, having a heart attack or suffering chest pain by a whopping 60 percent.

WHAT YOU SHOULD DO: Give up those extra hours. Just can't do it? Try to avoid the unhealthy habits that accompany working excessively and being stressed, such as smoking, eating junk food and not exercising. Talk with your healthcare provider if your work schedule is detrimental to your health—for example, you're depressed or experiencing sleep deprivation. And be sure not to skip any of your regular health checkups.

