




The Update


618 San Mateo Avenue
San Bruno, CA 94066
Phone: (650) 588-0180 Fax: (650) 588-6473
Website: www.sanbrunochamber.com
E-mail: office@sanbrunochamber.com

April 2007

**3rd Annual
San Bruno Chamber of Commerce
Showcase of Businesses**



**Thursday, April 26, 2007
4:00-8:00 p.m.**



**THE SHOPS AT
TANFORAN**
1150 El Camino Real
San Bruno

- Business Exhibits
- Karate Demonstration
- Hula Dance Performance
- Raffle Prizes
- Live Music
- Shopping!

Free Admission PLUS a chance to win a \$500. shopping spree!

For more information or booth/sponsorship info call the **San Bruno Chamber of Commerce** at 850-588-0180 or email office@sanbrunochamber.com www.SanBrunoChamber.com

Executive Director Message



As I drive through San Bruno I see spring everywhere! Coaxed by lengthening days and warmer temperatures the bulbs are all coming up, the daffodils bright yellow flowers are bursting forth reaching for the sun. My horoscope said it perfectly:

"Springtime inspires us to believe that, along with the earth, we too might change, release the past, and give birth to new ideas, new relationships and new perspectives".

On that note, we invite you to join us in welcoming new businesses to the chamber and helping them celebrate ribbon cuttings and grand openings! Come out and meet new people, develop new relationships and be a part of the San Bruno Business community! Dates are attached for your information!

Our Membership Drive is in full swing and we are excited by all the folks that want to join us in helping to promote and enhance the economic growth and vitality of the San Bruno businesses and community! Spread the word to your friends and business acquaintances! Remember, Danna is awarding the business that refers the most new members a wonderful getaway!

Laura Baughman
Executive Director, San Bruno Chamber of Commerce
laura@sanbrunochamber.com

Events

Thursday, April 19th 5:30-7:30pm
Taqueria El Patio Mexicano

Thursday April 26th 4:00-8:00pm
San Bruno Chamber of Commerce
Showcase of Businesses
The Shops at Tanforan


Thursday, May 3rd 5:30-7:30pm
First National Bank
Cinco de Mayo
Benefiting Larry Mobley
Memorial Fund

Monday, May 7th 5:30 - 7:30pm
Designer Center Mother's Day Mixer

Wednesday, May 9th 5:30 - 7:30pm
Archstone Corners
Ribbon Cutting and Mixer

Thursday May 31st 5:30-7:30pm
San Bruno Ballon Art
Ribbon Cutting and Mixer

*See website for details
for each event*



Gary A. Thodas
cosmetic & general dentistry

Gary A. Thodas, D.D.S.

1001 Sneath Lane, Suite 211
San Bruno, CA 94066
Phone: 650.872.2080
Fax: 650.615.4607
www.thodasdds.com

Ibarra Associates
ARCHITECTURE & PLANNING



Ken Ibarra
Architect

100 Lucia Court
San Bruno, CA 94066
650.589.4613
650.873.4560 fax
kenibarra@yahoo.com

Executive Board

Executive Director
Laura Baughman

President
Danna Stephens
First National Bank of Northern California

Vice Chair/CFO
Scott Buschman
Scott Buschman Photography

Vice Chair/Communications
Lisa Teglia
Lisa Teglia Graphic Consulting

Past President
Tammy Del Bene
San Bruno Garbage Company

Board of Directors

2005-2007
Reena Carvallo
Wells Fargo

2006-2008
Karin Cunningham
Prudential California Realty

2005-2007
Emile Hons
The Shops at Tanforan

2006-2007
Ken Ibarra
Ibarra & Associates

2006-2008
Christine Maley-Grubl
Peninsula Traffic Congestion Relief Alliance

2006-2008
Shawn Mohler
BJ's Restaurant & Brewhouse

City of San Bruno

Liaison

Terry Jackson
Director of Library Services

Is it allergies or a cold?

By Debbie Mendes, Kaiser Permanente

We enjoy so many things this time of year - longer days, blooming flowers, greener grass, and baseball season. But for some of us, pesky allergies invade our everyday lives. But how do you know if your sniffing and sneezing is the beginning of allergies or just the common cold?

According to Scott Tsunehara, MD, Assistant Physician in Chief at Kaiser Permanente South San Francisco, it can be difficult during allergy season to discern between a cold and allergic rhinitis ("allergies" or "hay fever"). In general, symptoms such as fever, chills, sore throat, fatigue, and muscle achiness are more common with colds. Sneezing and itchy/irritated eyes are more characteristic of allergic rhinitis. Coughing, runny nose, and congestion can be symptoms of either condition.

Here are a few ways that you can tell the difference between these two common conditions:

Colds and other common respiratory infections are caused by viruses and often last a week to 10 days. Allergies can persist for weeks or even longer. However, it is possible to come in contact with an allergen that triggers an immediate, short-term reaction.

Cold symptoms can take up to several days to develop after exposure to the virus, while allergy symptoms develop within minutes to hours after you've had contact with an allergen such as pollen or mold.

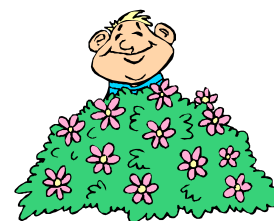
Cold symptoms may appear one at a time (for example, a sore throat, then sneezing, then a runny nose), while allergy symptoms typically happen all at once.

Colds occur more often during the fall and winter months. Allergies can flare up at any time - from spring through the fall from pollinating plants, and year-round from allergens, such as mold or dust.

A low fever can accompany a cold, but a fever is not a common symptom of allergies - despite the famous name "hay fever."

If you do have a cold, Dr. Tsunehara recommends rest, drinking lots of fluids, cough syrup, and Tylenol as needed. For allergies, over the counter loratadine can be helpful. Other allergy medicines may be helpful, but should be discussed with a physician. Smoking cessation helps for both problems.

This information and many more health topics can be found at www.kp.org.



The San Bruno Chamber of Commerce is honoring the memory of a local leader while helping children in the San Bruno Park School District.

Soon, you'll be receiving information about the Larry Mobley Memorial Fund (LMMF). Larry Mobley was a former San Bruno Chamber of Commerce Executive and President who was very active in the community. As a way to honor him, the San Bruno Chamber of Commerce (SBCC) is coordinating a fund in his name that will help children in the community with special needs, a cause that was near to Larry's heart.

Larry, and his wife Carol, lived in the area for years with their son, Graham. Graham was diagnosed with autistic tendencies, mild Cerebral Palsy and moderate mental retardation. Graham attended the San Bruno Park School District (SBPSD), and other local schools that focused on his needs. Graham now lives and works in Sacramento.

The SBPSD provides services in the areas of hearing, speech and language, visual impairment, emotionally disturbed, multiple disabilities, and traumatic brain injury, and more, depending on students' needs. Providing quality education to special needs children requires many resources and much dedication. The chamber is partnering with the SBPSD to assess these needs and craft the LMMF so that it directly helps students.

At coming Chamber events, you'll hear more about the LMMF. The Chamber's goal, with your help, is to raise enough funds in 2008 to distribute to innovative teachers and student-centered programs that provide quality services to special needs children.

Please join us for the "Kick off" of the Larry Mobley Memorial Fund at the First National Bank Cinco de Mayo mixer Thursday, May 3rd 5:30 - 7:30pm.

Mission Statement The mission of the San Bruno Chamber of Commerce is to promote and enhance the economic growth and vitality of San Bruno businesses and the community.

Chamber Events

Skyline College Ribbon Cutting



photo on the left
Ribbon Cutting by Skyline College President Dr. Victoria Morrow, Associated Students of Skyline College President Luis Padilla and SMCCD Board of Trustees President Helen Hausman.



Butterfly Bistro's Grand Opening and Ribbon Cutting

photo on the left Brett Jackson, Connie Jackson, Emile Hons
middle photo Laura Baughman, Burke Pemberton, Danna Stephens
photo on the right Burke Pemberton, Megan Harvey, Chef Bruce Nguyen, Danna Stephens and Ken Ibarra

Pancake Breakfast and Easter Egg Hunt



photo on the left Ken Ibarra flipping hot cakes.
middle photo Jim Ruane, Dennis Sammut and Carol Bonner
photo on the right A family enjoying breakfast



U.S Chamber opposes "Check Card" bill

The U.S. Chamber of Commerce is circulating a petition opposing the "Employee Free Choice Act" (H.R. 800, or the "card check" bill).

The Congress Daily, National Journal, reports the legislation would make it easier for workers to form unions and increase the penalties on employers for improper action taken against employees for organizing. "Today, the procedures for organizing a union and bargaining for better wages and benefits are stacked against the workers," said sponsor Rep. George Miller (D-CA).

Miller's push for the "Employee Free Choice Act," which Speaker Pelosi has rated a top priority, the Congress Daily reports, sets up a fight between labor unions and business interests, with each side accusing the other of coercion and intimidation.

The bill, which has 230 House co-sponsors, would allow workers to designate a union as its bargaining representative by majority sign-up -- also known as card checks -- rather than secret elections. The National Labor Relations Board would develop procedures for validating and certifying the signed authorizations. It also strengthens penalties for employer violations of the National Labor Relations Act while workers are in the process of organizing a union or negotiating a first contract. The legislation allows either party to seek mediation from the Federal Mediation and Conciliation Service if a first contract has not been reached within 90 days. If there is no contract after 30 days of mediation, the dispute will go to arbitration and the resulting agreement will be binding for two years.

"The new process would be open-ended in terms of time, leaving unions as long as they need to collect signatures. That is, it would remain open until they win," U.S. Chamber representatives said. "There would seem to be endless ways to get workers to sign cards for reasons other than wanting a union to represent them, from having close personal friends solicit workers to more heavy-handed tactics."

For information, see www.uschamber.com.

Coalition outlines plan for businesses to help speed greenhouse gas reductions

A coalition co-chaired by the California Chamber of Commerce this week told state regulators that rules permitting businesses to plan could help speed the greenhouse gas emission reductions which are the goal of the state's new law, CalChamber reports.

AB 32 (Núñez; D-Los Angeles) enacted last year, gives the California Air Resources Board (ARB) unfettered discretion to develop rules aimed at reducing greenhouse gas emissions in the state 20 percent by the year 2020.

The mission of the coalition is to ensure that the state achieves the greenhouse gas emission reductions required by AB 32 while maintaining the competitiveness of California businesses and protecting the interests of consumers and workers.

The coalition advocates that AB 32 be implemented while: Providing regulatory certainty; keeping jobs in California; using sound scientific methods of review; imposing only cost-effective and technologically feasible regulations; promoting innovation and market-based strategies; and minimizing and compliance costs.



Single & Stream Recycling One Cart Does it All!

Beginning in April, residents and businesses will be able to mix bottles, cans, paper and cardboard in the same container. That means having a recycling program at your business just got easier.

Remember, the more you recycle, the less waste you generate, which could save you money your trash bill! \$\$\$

If you would like to start a recycling program at your business, or need more information about the new Single & Stream Recycling Program, call San Bruno Garbage Company at 650-583-8536!



NOTARY SERVICES AVAILABLE AT CHAMBER OFFICE

Please call Laura Baughman
for an appointment
922-4474

technicsauto@yahoo.com www.technicsauto.com



Technics AutoBody
Collision Repair & Paint

Venny Rodriguez 898 San Mateo Avenue P. 650.871.1666
San Bruno, CA 94066 F. 650.871.7666

Income Tax Made Easy

Ritika N. Prasad
Accounting Associates, MBAs, CPA, EAs

Accounting & Finance Professionals
Tax Filing - Consulting - Real Estate Loans - Payroll - Tax Lien

456 San Mateo Ave # 12 Tel: 650/624-9583 • 650/438-1956
San Bruno, CA 94066 Fax 650-624-9531
email: AccountingAssociates@excite.com

San Bruno Balloon Art LLC.
For all your event decor

(650) 737-9007
Fax: (650) 737-9006

Ana: (650) 834-3307
Nancy: (650) 834-6161
Alejandra: (415) 678-8614

522 San Mateo Ave. San Bruno, CA. 94066

butterfly bistro
vietnamese kitchen & bar

Burke Pemberton
General Manager

1150 El Camino Real, Suite 210 Phone: 650 553-5151
San Bruno, CA 94066 Fax: 650 553-5151
www.butterflybistro.com burkepemberton@butterflybistro.com

kidscuts&kicks

Family Salon • Birthday Parties • Playroom

446 San Mateo Ave. San Bruno, CA 94066
Tel 650-873-KIDS (5437) kidscutsandkicks@hotmail.com

Membership Matters

Welcome New Members March 2007

Bay Area
Windowshield Repair
3137 Shelter Creek Lane
San Bruno 94066
(650) 872-6512

Salon 725
724 El Camino Plaza
San Bruno 94066
(650)875-3637
Fax (650) 994-5662

Butterfly Bistro
1150 El Camino Real Ste 210
San Bruno 94066
(650) 553-5151
Fax (650) 553-5155

San Bruno Balloon Art
522 San Mateo Avenue
San Bruno 94066
(650)737-9007
Fax (650)737-9006

Chapel of the Highlands
194 Millwood Avenue
Millbrae 94030
(650)588-5116
Fax (650) 588-7978

Taqueria El Patio Mexicano
551 San Mateo Avenue
San Bruno 94066
(650)871-8240

Renewing Members

5 or More Years of Membership
Dr. Gary Thodas D.D.S
Tanforan Travel
Comfort Inn & Suites
Independent Newspaper Group
Blue Ribbon Travel Arrangements
Bill's Lock Shop

1 to 5 Years of Membership
Ecology Action
Edward Jones
Sloat Garden Center
Skylawn San Bruno Funeral Home

Member's Testimonials

The first organization that I became an active member in when I became General Manager of San Bruno Garbage Company in 1999 was the San Bruno Chamber of Commerce. Through my involvement with the Chamber, I was able to establish relationships with other businessmen and women who share the same goals and face the same challenges of running a successful business. As an employee owned company, we understand the importance of being an active member of the community and the San Bruno Chamber has provided us with that opportunity.

Mario Puccinelli, San Bruno Garbage Company



HIGHWAY AUXILIARY LANE PROJECT BREAKS GROUND

A kick-off to celebrate the start of a project to improve traffic flow on Highway 101 was held today next to the freeway in Burlingame. The project will add four and one-half miles of auxiliary lanes between Millbrae Avenue in Millbrae and Third Avenue in San Mateo. Plans call for the lanes to extend from county line to county line, a total length of 26 miles.

Auxiliary lanes reduce freeway congestion by providing a merging area for cars to enter and exit the freeway. The lanes are equipped with metering lights that are activated during commute hours, when traffic is heaviest. Mid-day, when the metering lights are turned off, local drivers can use the freeway for short trips to neighboring communities without having to merge into fast-moving traffic.

"We are thrilled to be moving forward with this key piece of the project," said TA Chair and Redwood City Councilmember Rosanne Foust. "The pieces of this vital project are coming together."

As part of the project, the Peninsula Avenue overcrossing will be widened from two lanes to four lanes and the entrances and exits to northbound U.S. Highway 101 will be reconfigured. The sidewalks will be widened, improving pedestrian access to the Coyote Point Recreational Area.

The Monte Diablo overcrossing will be rebuilt and a new pedestrian overcrossing will be built just south of the Broadway interchange.

In addition to reducing traffic congestion, auxiliary lanes reduce pollution and gas consumption. Before the introduction of auxiliary lanes, there were 1,200 accidents between Millbrae and the southern county line over a three-year period. When the project is completed, it is estimated that the number of accidents will be reduced by 20 percent.

To date, six and one-half miles of auxiliary lanes have been completed. In 1997, auxiliary lanes were built from Third Avenue to the State Highway 92 Interchange (1.5 miles). In 2001, the section from Hillsdale Boulevard in San Mateo to Ralston Avenue in Belmont (1.5 miles) was completed. In 2004, the lanes were extended from Ralston Avenue to Marsh Road in Menlo Park (3.5 miles).

The \$150 million project is funded by a combination of sources, with the San Mateo County Transportation Authority contributing \$80 million and Caltrans contributing \$70 million.

Enacted by the voters in 1988, Measure A is a 20-year half-cent sales tax that has funded nine grade separation projects in the county and provided more than \$138 million to cities in the county for local streets and roads. Voters overwhelmingly renewed the measure for an additional 25 years in 2004.

Skyline College Ribbon Cutting

"You Must be the Change You Wish to See in the World"- Mahatma Gandhi

Good fortune and prosperity were bestowed upon Skyline College by the Hung Sing Lion Dance Team during the Ribbon Cutting Ceremony on Valentine's Day for the college's new and renovated facilities.

The buildings that were celebrated were:

* Student and Community Center: New center that houses an indoor/outdoor dining area, cyber café, conference rooms for future community use, bookstore, security office, gathering areas for students and facilities for student activities.

* Business and Language Arts Building: Renovated and updated facilities for language arts and business classes, including new journalism, speech and business labs and classrooms with technology and the ability to accommodate a greater number of students.

* Science Building: New building that contains first-rate science instruction areas including labs for biology, biotechnology, microbiology, chemistry, geology and oceanography.

More than 250 people attended the afternoon festivities and were entertained by the Skyline Kulintang Musical Group led by Master "Danny" Kalanduyan and "Band in a Box" Billy Robinson and Buzz Wilkes. Chemistry instructors and students amazed all with "Sparkles and Scents Through Chemistry." To celebrate Valentine's Day, desserts and sweets were provided by Nico Martin Presents and El Capitan Espresso. The Ribbon Cutting was generously sponsored Hensel Phelps Construction Co. and Apple Computer.



For information, please see www.SkylineCollege.edu or call 650-738-4346l.

GO Green
Keep it GREEN
RECYCLE
Responsibly!

Hosted By
The San Mateo High School District &
The James Hong Animation for Education Center



FREE! Electronic Waste Collection Event

Saturday, April 28th
9:00 am - 4:00 pm

Questions?
Please Call
877-279-023

The Shops At Tanforan Parking Lot

I-380 at El Camino Real
San Bruno
(Adjacent to Sears)



Accepted
Items...

Monitors
Computers
Televisions
Laptops
VCR Players
DVD Players
Scanners
Printers
Microwave Ovens
Keyboards/Mice
Hard Drives
Cables/Cords
Radios
Telephones
Oscilloscopes
Shredders
Power Supplies
Stereos
Cell Phones

GO GREEN and GIVE!
Give away your Ewaste and automatically you
qualify to WIN a \$100 Mall Gift Card for
The Shops at Tanforan!!

- Each Car dropping off Ewaste will receive an entry form
- Drop off completed entry form at the Mall's Customer Service Center
- The WINNER will be notified by phone on Monday, April 30, 2007.....GOOD LUCK!

Your contribution will support San Mateo High Schools! Get rid of those old and obsolete electronics that are cluttering up your home, office, or garage. Keep Ewaste out of our landfills! ASL will properly dispose of these items free of charge.

Businesses can contribute! Call to arrange for FREE pickup on quantities of Computers & TVs. In conjunction with these items, ASL will honor pickup of other products (listed below). Call for details! (Remember to mention the San Mateo High School District for credit!)



SAVE THE DATE

For

Soroptimist International of
Millbrae - San Bruno's

50th Anniversary & Wine Tasting

Thursday, May 17, 2007

6:00 - 9:00 PM

at

The Magnolia of Millbrae
201 Chadbourne Avenue, Millbrae

Wine Tasting

Elegant Buffet
Prizes

Music

Drawings &

\$50 per person

Please join this special occasion celebrating our 50 years of dedicated service improving the lives of women and girls in local Communities and throughout the World

For additional information or reservations contact
Mary Vella Treseler, 650-697-3319, mtreseler@earthlink.net



People • Service • Environment
SAN BRUNO GARBAGE CO., INC.

PHOTO COURTESY OF G. B. H. H.

A NORCAL WASTE SYSTEMS COMPANY

OFFICE: 1356 MARSHEN RD. • BURLINGAME, CA 94010 650-588-8538
TRANSFER STATION: 101 TANTORAN AVENUE • SAN BRUNO, CA 94066
www.sanbrunogarbage.com

Advertise your Business In the Bimonthly Update Newsletter

Business Card Size AD

1 issue \$20.00

2 Issues \$35.00

3 Issues \$50.00

Flyers - 1 Issue

\$50.00 Mail & Scan Flyer

(Please Provided 250 Copies, when mailing)

\$25.00 - Scan only for E-Update

\$20.00 - Mailing Labels sent to you for your own mailing.

Lisa Teglia Graphic Consulting
Design Brochures Newsletters
Direct Mail Mailings

Ph: 650-333-2483 Fax: 650-952-4756
ltg@earthlink.net

Graffiti
Hotline
616-7141

Meg Rocas Finones
Investment Representative

Edward Jones

1001 Sneath Lane, Suite 107
San Bruno, CA 94066
Bus. 650-952-2877
Fax 866-619-1978
www.edwardjones.com
California Insurance License 0C24309



Serving Individual Investors Since 1871



San Bruno Chamber of Commerce

618 "The Avenue"
San Bruno, CA 94066
Phone: (650) 588-0180 Fax: (650) 588-6473
Website: www.sanbrunochamber.com
E-mail: office@sanbrunochamber.com

Shop Dine and Play in San Bruno