

Belmont Court,

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connect Belmont Court to the businesses across the street on Bellflower Boulevard

- 60-space parking structure
- Interior courtyard with outdoor fireplace and barbecue area
- Public restrooms
- Decorative paving
- Public seating
- Signage space for informational banners

“This project is a prime example of the outstanding vision the Bellflower City Council has to attract over \$7 million in new investment dollars into Bellflower. This exciting project will create new commercial space, provide attractive

and affordable housing opportunities for residents as well as further the overall revitalization plan of downtown Bellflower”, said Brian Lee, Community Development Director for the City of Bellflower.

“The entire Bellflower community is invited to attend a festive ground breaking ceremony for the project on Thursday, November 3rd from 4:00 - 6:00 pm at the construction site located on the corner of Bellflower Boulevard and Belmont Street”, said Lynn Komadina, Public Affairs Manager for the City of Bellflower. For more information on the project call (562) 804-1424 ext. 2278 or visit the City’s website at www.bellflower.org.

Social Security,

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with a list of 50 diseases and conditions. The announcement of 13 new conditions, effective in December, will increase the total number of Compassionate Allowances conditions to 113. The conditions include certain cancers, adult brain disorders, a number of rare genetic disorders of children, early-onset Alzheimer’s disease, idiopathic pulmonary fibrosis, and other disorders.

The agency announced a small grant program for graduate students that will help Social Security improve its list and has recently awarded an approximately \$1.8 million grant over a five-year period to Policy Research, Incorporated (PRI) through the Disability Determination Process Small Grant Program. This new program aims to improve the disability process

through innovative research by graduate students who will receive small stipends for their work. In addition, the agency recently streamlined its online disability application for people who have a condition on the Compassionate Allowances list.

For more information on the Compassionate Allowances initiative, please visit www.socialsecurity.gov/compassionateallowances.

New Compassionate Allowances Conditions: Malignant Multiple Sclerosis; Paraneoplastic Pemphigus; Multicentric Castleman Disease; Pulmonary Kaposi Sarcoma; Primary Central Nervous System Lymphoma; Primary Effusion Lymphoma; Angelman Syndrome; Lewy Body Dementia; Lowe Syndrome; Corticobasal Degeneration; Multiple System Atrophy; Progressive Supranuclear Palsy; and The ALS/Parkinsonism Dementia Complex.



PHOTO BY: LUIS SANCHEZ ©

The Artesia Business Expo was held Saturday October 15, 2011. There were over 50 vendors introducing themselves to the community. Delicious food tastings were provided by Dosa Lite; Jeepney Asian Grill; La Tavolata Café; Lotus Café; Pickles; Seafood Shack; Sweetee Thai and Saffron Spot (their rose ice cream was wonderful!). Each booth was giving away goodies and there were several large raffles prizes and gift certificates awarded to lucky attendees.

The Artesia Chamber of Commerce is located in historic downtown. Artesia got its name from the many naturally flowing Artesian wells in the area. This rural countryside with its rich soil and abundant water supply was ideal for farming. Artesians grew grapes, sugar beets, other vegetables and fruits. They raise poultry and were dairy farmers. Nurseries grew ferns and flowers. Today the city maintains the small town charm while offering big city entertainment.

For more info on the Artesia Chamber contact Sug Kitahara at (562) 882-7734 or email artesiachamber@gmail.com or visit www.artesiachamber.org.



Choosing A Startup Or Small-Business Phone System

If the thought of saving time, trouble and money on your company’s phone service rings the bell for you, technology may bring you good news.

You can act, sound and function more like a future Fortune 500 business using the equipment you have—better.

How To Do It

For one thing, you can wed your phone system to software that helps you care for customers and empower your sales team. It can also provide sophisticated auto attendant on-hold music or messaging, record a call on demand and send you your voice mails transcribed in an e-mail.

How It Works

That’s because cloud computing can eliminate hardware and its headaches. The cloud is simply computers connected through the Internet or an intranet with the ability to reach out and retrieve data processed elsewhere by supercomputers. It’s now possible to add business

voice service to the cloud—especially when it’s fine-tuned for quality and ease of use. It’s even possible to create different greetings according to the time of day and the day of week.

It works through “VoIP,” which stands for “Voice over Internet Protocol.” In other words, your phone system works over the Internet rather than over traditional phone lines.

What You Get

Other features include:

- Reports for all incoming and outgoing calls in the system
- The ability to literally link dozens of phones in dozens of places
- A dashboard that shows real-time status of co-workers
- Integration with Outlook or other calendaring
- A dial-by-name directory
- Command and control functionality from your smartphone
- You pick your phones, then plug

and play with confidence.

What Others Say

In a recent Microsoft survey, 50 percent of small businesses using the cloud say it improved their bottom line.

It’s all available, without a contract, from Vocalocity.

What Else To Do

Other technologies to consider, say the experts at the U.S. Small Business Administration, include:

- Accounting software. It lets you see profits and losses at a glance and can help you design and maintain a budget.
- A calendar system
- Time-tracking software. It can help you determine which tasks result in profit and which don’t.
- E-mail management. Streamlining all your e-mails to one account can help you stay organized.

You can learn more and get a free quote at www.vocalocity.com or call 877-VOCALOCITY.

Affordable Housing Program

Now Accepting Applications for Qualified Seniors 55+

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- ★ Patios and/or Balconies
- ★ Close to Freeways, Shopping and Transportation
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- ★ On-Site Management and Maintenance

The Bellflower Terrace Senior Apartments is currently accepting applications for qualified seniors to live in our beautiful, state-of-the-art apartment homes!

For details, call (562) 866-8866

or pick up and application at the Leasing Office located at:

Bellflower Terrace Apartments

16322 Bellflower Blvd.
Bellflower, CA 90706

Monday - Friday (8:00 am - 5:00 pm)
E-Mail: bellflowersenior@hotmail.com

Have you been in an Accident? Were you hurt on the job? Do you have pain that won't go away? Do you feel abandoned by your Insurance company or Company Doctors that don't seem to care?

Every day we have people just like you come into our office, many just want to ask questions. Some have had car accidents and didn't feel pain right away, others have pain that just isn't responding to the care they are getting. Many have been hurt on the job and aren't sure what their rights are, and don't know the steps involved in the workers comp system.

THESE ARE A FEW THINGS YOU SHOULD KNOW:

AUTO ACCIDENTS

1. You have 2 years after the date of the auto accident to file a claim.
2. Many injuries take weeks, months to give you pain, don't sign off on you medical care until you see a Doctor.
3. Even if you think you are fine, see a doctor for a check-up. This is very important, especially if you have another accident after this!
4. Be Aware of the adjusters who want you to sign off your claim right away, they often show up with a check and want to "settle" the whole thing, sweetening the deal with an extra 500-1000\$ to cover your "trouble". Don't fall for it! Once you take that check you have released them from all responsibility. One trip to the emergency room for back spasms or a migraine can cost \$1-2000!
5. Don't fall for the "your car wasn't damaged so you can't be hurt" line. Now days cars are built to take a 15-20mph punch with no damage. Human beings haven't changed.(Ask your adjuster to sit in a lawn chair while you back into him at 15mph!)

Lastly if you don't know what to do, don't do anything. Consult a friend, or your Doctor, better yet most reputable Attorneys do not charge for advice in these cases, the more information you get the better decisions you can make.

HURT AT WORK? THE CONFUSING WORK COMP SYSTEM.

After 30 days, if your fed up with the company Doctor, you have the right to change Doctors. Suggesting or threatening you with a loss of your job is a crime and should be reported. You can never be charged personally for care given to you for an injury caused by work. Even if you go to another doctor the insurance doesn't "Authorize".

If your injury is one that won't allow you to go back to your old job you have the right to be retrained.

You have four (4) years from the date of your accident to re-open a case if you have gotten worse, in some cases longer.

There's little known secret that let you by pass the company Dr. and go immediately to your own Doctor.

Finally, again, good Attorneys won't charge you to talk to them. Get more information and you can make better decisions. After all, to the adjuster, it's just one more case, to you, it's your life!

JOIN US FOR AN INFORMATIONAL MEETING

Every Wednesday night we hold a casual, meeting at our office for people just like you who want to know more about the mysteries of these cases. It started as an informational gathering of our patients who brought family and friends so they could ask questions and learn what they're up against (patients brought their spouses to avoid having to repeat what they had learned). During this 30 minute talk I give an outline of the systems and spend the rest of the time answering Questions, sometimes we have guests talk from both sides, to better inform us. We now would like to open this talk up to the public and invite anyone who is interested. It's Free!

Every Wednesday at 6:00 pm

Remember, the more information you have, the better the decisions you can make!

Helzer Healing Arts Center

562-866-3721

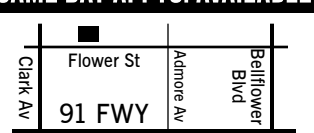
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Paul Helzer, D.C., PhD
and Associates



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